Weight Watchers®

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top to bottom
Stuffed Cucumbers with Feta Cheese
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REGULAR DEPARTMENTS:

ASK JEAN NIDETCH □ 1-DAY MENU PLAN FOR MAINTAINING THAT WEIGHT LOSS □ WHAT THEY'RE SAYING ABOUT OBESITY □ "BEFORE" & "AFTER" SCRAPBOOK

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Special Report

OBESITY: A FAMILY DISEASE

by Judi Kesselman

John M. is getting closer to the heartattack age. His wife is helping him to reduce by cutting down his portions of everything. But then she keeps "rewarding" him with late evening surprise treats.

Denise W. came home from school yesterday with a mimeographed diet from her nurse. "Poor baby," her mother soothed, looking over the food list. "Well, if you can't have a cookie, you can at least have some celery. I'll wash it for you."

Barbara S. has been trying to keep to her diet. Only every time she breaks it with just one corn muffin, her frowning husband and nagging kids make her feel like a major criminal.

In each of these families, there is only one obese individual. But in every case the overweight person is not the only one affected by — or affecting — excess poundage. Spouse, children, even parents, push into the obesity act. In the overweight person's household, obesity is often the entire family's disease.

This way of looking at obesity is very new and quite revolutionary. Psychiatrists who have been working with the new techniques of family therapy and behavioral modification have suddenly begun to recognize that obesity can be a "disease of interaction"; that its insidious net can involve the entire family of the obese person; that it has its many devious uses within the family constellation — and that if one determined individual tries to reduce without the aid and approval of his loved ones, it can upset everyone's equilibrium!

Obesity can be a weapon or a defense. It can be used *by* the obese person — or by her mate. Often, it is the preferred implement of both. Children wield it out in the open; we've all heard them catcall "Fats" and "Jelly-roll." The effects of their cutting remarks are immediate and crystal clear. But before a child is half-grown, he learns to jab his words with greater subtlety, for he sees his parents manipulating the language of obesity like switch knives-in-the-back.

To illustrate how this subtle interaction occurs, we will describe a scene in one household when Mr. and Mrs. T. (she's the overweight one) are having their evening coffee.

Mrs. T. spreads a bit of jam on a cracker. "Here, do you want this?" she asks her husband, adding, "Just because I'm on a diet doesn't mean *you* have to starve." Mr. T. waves off the cracker. Mrs. T: "What'll I do with it now?" She scrapes off the jam and downs the cracker meant for him saying, "It's just a few calories." Then she shoves the sugar toward Mr. T., who takes a heaping teaspoonful for his coffee. Drinking her own cup of coffee black, she mumbles, "This coffee — yich."

Mr. T. never said a word, so we might assume that obese Mrs. T., who put the crackers and jam on the table in the first place, was manufacturing her own problem.

But let's look more closely not only at *what* was said, but *how* — and at what was *not* said, which can be just as potent a message when it comes to interaction. When Mrs. T. offered her husband the cracker, she seemed to be behaving generously, but her husband didn't miss seeing the "stingy" amount of jam on the cracker. She was giving and withholding all in the same small action. Then she reminded her husband of her diet, and to insure his sympathy she let him know obliquely that she was "starving."

But Mr. T., who had been offended by his wife's subtle signal of rejection, refused her "offering." And with the same gesture he managed to point out to his mate that he had the self-control she lacked. (Meanwhile, he was remembering the piece of pie he ate at lunch, and its memory was "warming" him a little. At least *he* had been generous to himself today!)

Mrs. T. then demonstrated her "resolve" to diet by scraping the cracker of its jam. She also silently was answering her husband's unsaid charge that she skimped on the sweet — after all, there was enough to scrape off! Her resentment at his unvoiced accusation was thrust into the shoving of the sugar bowl.

Mr. T.'s spooning of the sugar was filled with defiance at her hostility.

Then Mrs. T., by obviously declining to use sugar, attempted to allay his hostility and petition his sympathy for her sacrifice.

A thousand times each day, obese people and their mates use the state of overweight to test one another's love, anger, rejection, devotion, dependence, resistance — in short, all the unresolved emotional issues in their relationship. If we can learn to recognize these manipulations of obesity, we will be

able to help the obese person lose weight.

In many families, researchers have learned, the overweight member himself sets up numerous situations in which he is bound to be exploited, derided or rejected for being fat. Willard and Marguerite Beecher, proteges of Alfred Adler and behavioral psychologists themselves, have based many successful therapeutic programs on their belief that many of us have this "need to be the victim." In an enlightening interview, Mr. Beecher (author with his wife of several books) told us, "Our experience in working for many years with addicts — and obesity is indeed an addiction — has taught us that everyone is just as happy as he *wants* to be. We are convinced that despite what he may tell you, the obese person is usually secretly 'satisfied.' He needs to control his family, and he controls it with his food-dependency. His message to his family is, 'I'm helpless, I have no initiative.' With that, he tricks the others into taking the responsibility for his food addiction — and indeed for his entire life."

Like Barbara S., who takes "a little corn muffin" once in a while, knowing it will attract her entire family's attention. She's just discovered that she takes that muffin "whenever I'm beginning to feel like just the cook and butler around here." But Barbara went through a lot of self-examination before she accepted the fact that she uses her obesity to manipulate her family into showing concern for her.

IN THE OVERWEIGHT PERSON'S HOUSEHOLD, OBESITY IS OFTEN THE ENTIRE FAMILY'S DISEASE.

Jenny W. has been obese since childhood. "I was a love-baby, born when they said my mama was too old to have a child," she told us. "I was born big and round, and Mama kept me that way just to prove to the doctors how wrong they were." The message Jenny got was that Mama loved her for being big and round, so she'd better not get thin. In return (and for most of our accommodations, we all exact a return payment), Mama anticipated all Jenny's needs. "She did absolutely everything for me — sewed my buttons, ironed my dresses, brushed my hair — until she died when I was 23." With her obesity, Jenny controlled her mother's slavish indulgence. More amazingly, within three years of her mother's death, she had found a husband whose own needs were sufficiently satisfied by her obesity that he was willing to establish a similar relationship!

A THOUSAND TIMES EACH DAY, OBESE PEOPLE AND THEIR MATES USE THE STATE OF OVERWEIGHT TO TEST ONE ANOTHER'S LOVE, ANGER, REJECTION, DEVOTION, DEPENDENCE, RESISTANCE — IN SHORT, ALL THE UNRESOLVED EMOTIONAL ISSUES IN THE RELATIONSHIP.

Many a fat wife controls her slim husband through her obesity. What's the magical unspoken message? Often, as Dr. William Kroger, a California psychologist, has found with many of his obese patients, the message is as simple as: "I'm overweight, therefore I'm not entirely healthy, therefore I have no strength, therefore I can't make it on my own, therefore you can't leave me." But sometimes it can be as complicated as: "I'm obese, therefore I'm ugly, therefore you can't be much since you married me, therefore you'd better stick with me since I'm all you're likely to get!"

Why do such ploys seem to work, to succeed in bending one's mate to one's will? Because, being clever animals, we humans manage to choose as partners the kinds of people whom we instinctively know to be controllable with our hidden messages.

Usually, the control is a two-way communication. The thin member of the manipulation equation is also using the weight problem to its greatest advantage. Only look at John M.'s wife, who is helping her husband to reduce. If you recall from our first paragraph, she is so pleased that he needs *her* strength for *his* weight-control, that every once in a while she reminds him of it by sabotaging him with "reward foods."

Very often, the thin partner wants a fat spouse because he really enjoys a handful. But in some cases, it's because he is really somewhat insecure about his own attractiveness, and feels secure in the knowledge that a hefty wife is less likely to be wooed away by another man. In cases like this, a decision to lose weight can be more upsetting to the spouse than to the overweight person. A husband who keeps teasing his wife about her avoirdupois may really be focusing on it not because he wants her to change but because he finds it very reassuring.

Often the slim spouse seems to be actually setting a trap for her overweight, dieting mate. In one family that rarely has cake in the house, cake always seems to turn up in the shopping cart two days after hubby begins his latest now-or-never diet. In another case we've seen, dad always seems to want to go out to dinner when mom's been good about her diet for five straight days. Is it hostility or insecurity or dependence or *what*, that brings on such perverseness? In each of these families, the cause is different; only the disease — obesity — is the same.

Why are our responses so confused? According to the late anthropologist Hortense Powdermaker, it's because our symbols are confused. In an article in the *Bulletin of the New York Academy of Medicine*, she pointed out that we Americans are fraught with conflicting images: We want a round mother but a lithe sex mate. We want our food "the best" but "convenience-packaged." We see fat people as good-natured, contented, funny — and also as dull-witted, greedy and "greasy." No wonder fatness can be used so successfully by everyone in the family to express whatever ambivalent emotions need expressing!

We learn the uses of food at our mothers' knees. A typical scene: Mom sits talking to her friend, and we are toddling around. We tug at Mom just when she's winding up a delightful anecdote. She reaches into her bag. "Here, have a cookie." Distracted, we toddle off. A few minutes later, remembering our initial need, we return and tug again. *Voila* — another cookie appears. By our third tug we have learned that food is a pacifier, an attention-device, a substitute for love and a way of controlling mother by letting her control our needs.

It's been proven that when a parent has a superstrong "need for control," the child often can't solve her own weight problem. An enlightening study was made in 1972 by Roslyn Nitkin, nutritionist at the Adolescent Clinic at Long Island Jewish Medical Center. She put 26 teen-age overweights on reducing diets, and gave their parents one point for every time the adults "helped" the teens stick to the diet by reporting transgressions or acting as calorie-counters.

The parents of the most successful dieter — who, incidentally, lost 38

pounds — had a total score of zero. The child of the most involved parents *gained* 32 pounds! In other words, in family situations where parents needed to involve themselves in their children's diets — to have control themselves over another person's actions — the kids didn't work as hard at losing weight. The more the parents took over, the less the kids lost.

What many of the teens were picking up, and being sabotaged by, was their parents' ambivalence about their weight loss. Dr. Norman Kiell, editor of an anthology of research papers on the subject, *The Psychology of Obesity*, has seen this ambivalence often in his role as counselor of adolescents at the City of New York's Brooklyn College. He told us, "Adolescent overweight often occurs when the mother is both over-

BECAUSE OBESITY IS A FAMILY DISEASE, ITS ALLEVIATION CAN BE HELPED NOT ONLY BY A SENSIBLE DIET FOR THE OVERWEIGHT PERSON BUT BY A FAMILY COMMITMENT TO CHANGE AS WELL.

protective and rejecting at the same time." He recounted the case of a mother whose daughter was in the hospital on a strict weight-loss regimen. "The mother promised the daughter new clothes if she lost weight. Yet every time she visited, she was armed with candy or cake."

The best way to control someone is to confuse him — to send him cross signals. And obese families seem to be past masters at the art. Dr. Richard B. Stuart, Professor in the Department of Psychiatry at the University of British Columbia (Canada) School of Medicine, and Psychological Consultant to Weight Watchers International, has seen many cases of parents who, on the one hand, are dependent on their children and, on the other, need to have their children remain dependent on themselves.

"Sometimes," Dr. Stuart told us, "a parent will become aware that her obese child doesn't compare favorably with his schoolmates, and she will complain about the youngster's overweight. But secretly she might want her child overweight because that weight keeps him less popular and therefore more closely tied to her. So she will be sending signals of both pleasure and displeasure to her confused offspring."

Even in the most loving husband-and-wife relationships, ambivalent feelings exist. When the skinny person baits his fat spouse, or when the overweight partner manipulates her thin mate, the children, who miss very little that's said and even less of what's only acted out, begin to ape the actions of both parents. They learn quickly the family uses of obesity. In fact, they often make decisions about their own weight solely on the basis of which parent seems, in their eyes, to be "getting the better deal."

But the obesity disease may not be too difficult to lick. The behavioral therapists tell us that overeating is often simply a learned response to cues. In other words, just as Pavlov's dogs "learned" to salivate at a bell ring, we have learned to "get hungry" in reaction to things that "ring a bell" for us. For example, my son Jeffrey feels "hunger" whenever he's tense. It's only recently — on a day when lunch was unavoidably long-delayed — that Jeffrey discovered that "my *tummy* is growling now that I'm *really* hungry. The other feeling is a growl in my throat."

By the same token, each of our families has evolved certain learned-response cues to the overweight member. Poking fun at Daddy's belly at dinner can seem to Mommy to be "a way to shame Daddy into reducing." But it may also (or instead) be the way she discharges her hostility at all Daddy's business lunches, or the most effective way she's found to put him down. She thus sets herself up as being better than he in the eyes of the onlooking kids.

Because obesity is a family disease,

ONE WAY THE FAMILY CAN HELP IS BY SITTING DOWN TOGETHER FOR THE EXPRESS PURPOSE OF AGREEING ON CLEARLY DEFINED TASKS AND ATTITUDES THAT WILL HELP THE OBESE MEMBER IN HIS OR HER FIGHT AGAINST FAT.

its alleviation can be helped not only by a sensible diet for the overweight person but by a family commitment to change as well.

Dr. Richard Stuart has been frequently cited by his colleagues for having provided the most startling proof that a concerned involvement in the obese person's home environment is a definite help to the obese person. In a study reported in *Behavioral Research and Therapy* (vol. 9) in 1971 (and later included in Professor Kiell's landmark book *The Psychology of Obesity*), Dr. Stuart went right to the core of it. He compared a group of dieting women who were given 30 sessions of instruction in the "management of food in the environment" with a group of women receiving exactly the same diet program but who were not helped to make any changes in their households. The women who received the instruction lost nearly twice as much weight!

As a result of this study, Dr. Stuart came away with expert insight into how families can work together to accomplish the success he reported. "One of the big hurdles an obese person encounters when trying to lose weight," he told us, "is the negative feedback he gets from his loved ones. When the dieter makes a wise decision, it usually goes unnoticed in the family. But if he deviates from his diet, he often becomes the subject of insults, or such jibes as 'You're indulging yourself again.' Since attention is a universal human reward, if the family only shows attention for 'illegal' eating, the dieter is encouraged not to succeed but to fail.

"Instead of giving the obese person negative feedback in the form of attention, insulting or otherwise, for lack of self-control and failure to show weight loss, the family must provide positive feedback in the form of attention and praise for self-control, change-in-attitude or weight-loss, no matter how minor. They must learn to ignore regressive behavior and to comment on progress."

One way the family can help is by sitting down together for the express purpose of agreeing on clearly defined tasks and attitudes that will help the obese member in his or her fight against fat. One point of agreement, for example, might be that each family member would be responsible for making his own snacks; an effective attitude change could be that the non-overweight family members would display no interest in the fat fighter's food intake. In addition, pleasurable alternatives to eating would be listed. Finally, definite future dates — once a month, say — would be set up to meet again for a review of the situation.

The hardest thing for us to accept is that every family member is a contributor to and participant in the disease of obesity. Hopefully, therefore, everyone will make a commitment to change. □

MESSAGE TO OUR READERS

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OUR COVER: A bright array of six very special Greek-style dishes that have been prepared with traditional Greek seasonings (mint, lemon, parsley, etc.) and presented with the traditional Greek love for food that is not only a feast for the eyes but the palate as well. Recipes: **Greek Salad**, page 28; **Cloved Eggplant**, page 28; **Spanakopeta**, page 28; **Stuffed Cucumbers**, page 28; **Mock Taramasalata**, page 29; **Stuffed Tomato**, page 29.
photography by erik falkensteen

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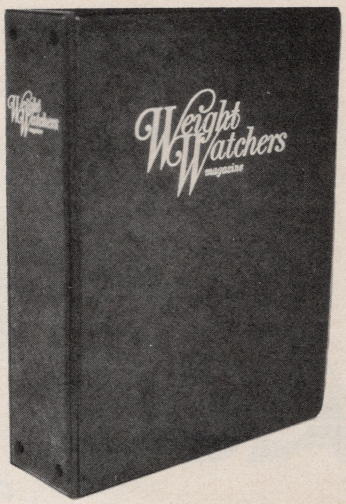

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ASK Jean Nidetch

FAMILY TRIP

Dear Jean:
I need help. I've lost over 30 pounds, but I still need to lose 34 pounds to reach my goal of 110. My father started on the program with me, and before I was even halfway to goal, my father had reached his and left me stranded on the road to being a skinny person. I've lost all hope and confidence. Even my mother, who was always remarking on and rejoicing with me about my weight loss expedition, is now baking cakes, cookies, making homemade candy and things like that, when she knows that I want ever so much to lose this terrible weight.

I just don't know what went wrong. I thought maybe I could still lose without someone in my family to lose with me, or that maybe I had used up too much willpower in the beginning. Anyway, I need some information about how to stay "legal" around "illegal" foods, so that I can let the nice beautiful stranger in this horrible body out of the shell.

Camilla
Ypsilanti, Mich.

Dear Camilla:
Reading between the lines of your letter, I feel that you are depending on your family to help you lose your weight. When you joined the program, you needed your parents to give you the impetus to lose. That's well and good (sometimes it's easier to join a class with another person), but once on the road to weight loss, you must take on a certain share of the responsibility yourself.

The fact that your father lost weight so quickly shouldn't discourage you or make you feel "stranded." Your father's body chemistry is probably much different than yours. Everybody loses at his or her own rate: Some people can lose five pounds in two days; others take two weeks to lose the same amount, and both are "legal."

I will admit that it is discouraging to have someone in the house preparing all those tempting "goodies" that are so hard for people with weight problems to resist. However, even if it *seems* to you that your mother has lost faith in your ability to continue toward goal, that shouldn't deter you. You've already proved that you can stay "legal" — and believe it or not, Camilla, you did it yourself. Your father didn't help you to lose those 30 pounds, neither did your mother. You did it, or it wouldn't have come off. You can continue to do it, too. Just be a little curious. You want to meet "the beautiful stranger" in your body, don't you? There's only one way you can free her and it's only you who holds the key to that particular door. If you stay "legal," in spite of all temptation, you'll look into your mirror one morning and guess who'll be smiling back — a thin Camilla!

FAT—THE MARRIAGE THREAT

Dear Jean:
I'm almost 16, married and the mother of a 6-month-old girl. I weigh 160 pounds and I used to weigh 115. Since I gained those 45 pounds, every one of my friends and relatives tell me I'm fat and ugly. Before I had my baby, though, they used to tell me what a good figure I had. My husband says if I get any fatter, he's going to leave me. I love him so much that whenever he goes anywhere, I can't stop thinking about his leaving me. We have a very pretty baby and we're happy together. I don't want him to leave me. I love him very much and would like to lose weight.

I see so many clothes I want and can't buy because they don't fit or don't look right on me. I don't have any friends left because they're always telling me I'm fat. I don't have any willpower. If I see anybody eating, I want to eat, too.

Name and address withheld

Dear Friend:
Sometimes people believe that you can solve a weight problem the same way you cure hiccups — by scaring a person. I could be wrong, but it seems to me that your friends and husband are trying that tactic with you. They don't know that heavy people are very sensitive and that such comments do not cure but rather drive the person in question into a deep depression in which she thinks food is her only comfort. Furthermore, you might be dealing with people who were jealous of your former figure and are now taking the opportunity to rub it in that you've gained, while privately they're rejoicing. Moreover, a weight gain after the birth of a baby is not at all uncommon and such weight can be lost if you just follow a proper eating plan. But you must

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take steps *now* to lose the weight and please, please, don't let anyone frighten you anymore. Tell them that a weight gain is not permanent and then show them that it isn't — by losing. It's an object lesson that none of you will forget!

"I CAN('T) DO IT MYSELF"

Dear Jean:
Two years ago, I lost 38 pounds and reached my goal. Then, before I learned the Maintenance Plan, we moved out of state and I quit. I thought I could keep the weight off by myself.

Was I ever wrong! I've gained it all back. I'm right back where I started. But all is not lost — I intend to rejoin again immediately. I hope this will somehow help people who think they can keep it off by themselves. (I know I can't.)

Kathy Graham
Independence, Mo.

Dear Kathy:
Your experience is, unfortunately, typical of those who try to do it alone. It's very difficult to lose weight, and it's even more difficult to *keep* it off. That's why the Maintenance Plan is so very important. It teaches you correct ways to eat once you've reached goal. It's a method of reintroducing you to the foods you had to give up in order to lose. I'm sorry for your weight gain, but see what you've gained in knowledge. I'm sure that this time you'll keep it off.

STUCK AT 25

Dear Jean:
I'm 19 years old and have already lost 65 pounds on the program, with 25 more to go. I feel fantastic! For the first time in my life, I'm not ashamed to leave the house and meet people. My problem is that I can't seem to lose those remaining 25. For the last two months I've gained weight one week and then lost whatever I gained the next week. Up . . . down . . . up . . . down. When I get depressed after a gain, I make all kinds of promises to myself about how I'm going to stick to it and lose the rest. It works for a couple of days, but either I get a craving for something or I just eat it because it's there.

Family Ever...

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75 packets
for the
usual price
of 50

Look for both Liquid and Powdered Superose in grocery and drug stores.

Send 25¢ for Superose samples.

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I go to the classes and that gets me on the right track, but after a couple of days, I slip. Also, lately, because I know I gained this week, I'll just skip classes because I don't want to see that scale go up. Then I try starving myself, but that doesn't work either; I get hungry and eat everything in sight.

Sure, I know I have to start thinking I'd like to be thin rather than eat this food. If I think about it, I know better. I can't really complain to my skinny friends — they don't want to hear. I'm not expecting a miracle, I know I have to make up my own mind, but it helps a lot just to talk sometimes.

Susie Maheu
Sanconda, Ill.

Dear Susie:
Right! Talking it out is important, even vital. I know that everyone who has been heavy and is in the process of losing weight has these temptations. Some of us can conquer them and some yield to the demands of the moment and eat. If only we could tell ourselves that a craving is momentary and that it will pass without us giving in to it. It's very difficult, I know, but if you do tell yourself that one moment's weakness will result in gained pounds and a depression that could lead to even more pounds, it might help.

Why don't you *really* talk to yourself, Susie? Why don't you tell yourself that you're going to take this weight loss a day at a time and not look ahead until you reach your goal. If, each day, you stick to your menu plan, you'll find that days will change into weeks and pounds will drop off. Think, too, that soon summer will be here. Wouldn't it be lovely to be slim enough to wear the most beautiful bikini you can find? It's marvelous to be slim all year round, but it's particularly wonderful to look forward to a slim summer — which you could have with just a little more effort on your part.

G.Washington's brings out the m-m-m-m-m in a ho-hum diet.

Fortified with 5 vitamins plus Iron. Only 6 calories per packet. Now in a bright new box.

CONTINENTAL CHICKEN

Turns typical diet foods into a hearty taste treat the whole family will enjoy.

3 packets G. Washington's® Rich Brown Seasoning and Broth
1 8 oz. can (2 medium) tomatoes
½ medium green pepper, chopped
2 Tbs. onion flakes
½ Tsp. oregano
2 (10 oz. size) whole chicken breasts, split and skinned
2 cups sliced zucchini

Combine G.Washington's Rich Brown Seasoning and Broth, tomatoes, green pepper, and oregano in large skillet. Add chicken; cover and simmer 25 minutes. Add zucchini; simmer additional 20 minutes or until chicken and zucchini are tender. Serves 4.

Use G. Washington's Rich Brown Seasoning and Broth for meats, sauces; Golden for poultry, fish, vegetables.

FREE RECIPES IN EVERY PACKAGE

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DOWN MEMORY LANE, BUT IT DOESN'T HELP

Dear Jean:
I had lost 60 pounds with 25 to go when tragedy struck my family. My closest brother was in a fatal car accident. As a result, I gained back all my weight.
I am confused because although I want to start over now, I am not going to class and my weight is doing nothing but going up and down. I have been married six years. Before that, I modeled a little — 130 pounds, size-10 clothes, 36-22-36 measurements. Now, I weigh 235.

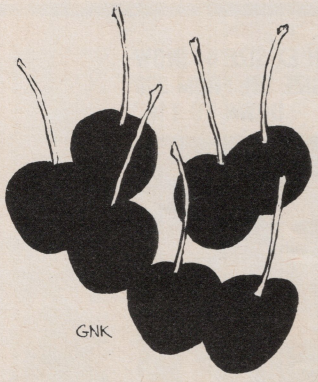
I take out my school yearbook hoping it will help, and it does boost my spirits a bit, but eventually they slump back down.

Name and address withheld

Dear Friend:
We eat out of an emotional need, and, oddly, food does seem to soothe our tormented spirits. But its effect is only momentary, while the way it affects our bodies lasts much longer and depresses us so much that again we eat more to stifle the depression and . . . well, you do see what I mean.

In reading your letter, I find I don't have to point out to you the pleasures and rewards of being thin — you've been there, so you know. I wish I could wave a wand and give you back your former slim self, but I can't do that. There is only one way to lose weight and that's to decide that you're going to eat sensibly. That decision is an easy one to make — but it's not easy to stick to it. My friend, it's all a matter of *want*: How much do you want it? Can you think of how much you want it each time you reach for the "illegal" morsel? Perhaps if you remember that yearbook at those times, it will help.

Weigh the good against the bad — it's really the way to lose.



IF YOU HAVE ANY QUESTIONS . . . about weight problems that you'd like Jean Nidetch to answer, please send them to: Ask Jean, Weight Watchers Magazine, 635 Madison Avenue, New York, N.Y. 10022. While all questions will be answered, we regret that Mrs. Nidetch cannot personally acknowledge each letter.

All letters *must* carry the writer's name and address, although either or both will be withheld upon request. We reserve the right to condense or edit all letters.

The Then-&-Now SCRAPBOOK

"DOWN FROM 210 TO 125; FROM A SIZE-22 DRESS TO SIZE 11"

VICKI L. MILLER, Clinton, Illinois

"When I quit school, I was 16 and 160 pounds. I was married a week after I quit school. In one month, I was up to 190. My marriage ended after two years; I was up to 210 and I'm only 5 feet 2 inches tall. I would look into the mirror and almost cry.

"My dream was to always be slim — and now I'm a girl whose dream came true. I'm 22 years old and 125 pounds. Also, I'm remarried to a wonderful man and we are very happy."

"94½ POUNDS LOST: FROM 220¼ TO 125¾"

FAYE HAGWOOD, Raleigh, North Carolina

["I'm in] 'fat person's heaven.' I can enjoy my children and husband in activities we like. I know I have only fought half the battle and it's worth every minute of the time I have given it."

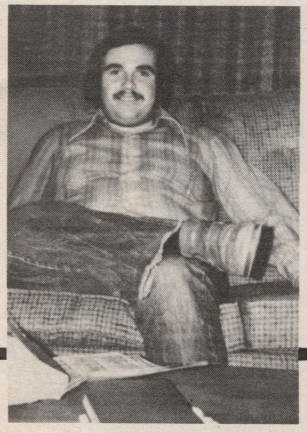
"65 POUNDS LOST, DOWN TO 115"

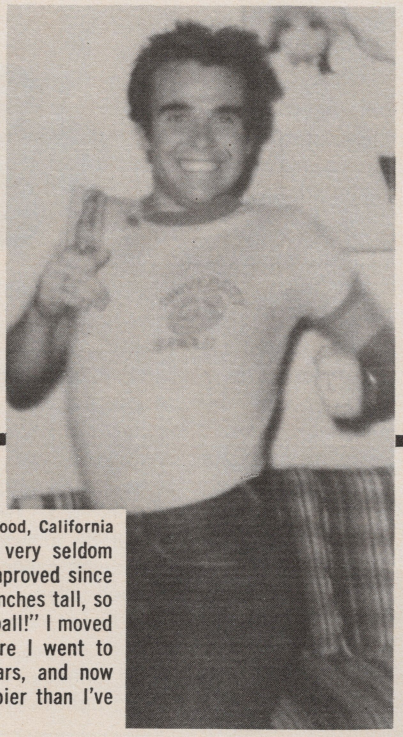
KATHLEEN McATEER, Phoenix, Arizona

"The enclosed 'before' photograph shows me trying to hide behind a tomato. Weighing 115 pounds now, I can just about hide behind that tomato in my 'after' photo. The difference is that I don't want to hide anymore. Such a transformation changed many aspects of my life. My success with my weight encouraged me to try something I'd always wanted to do — write."

continued

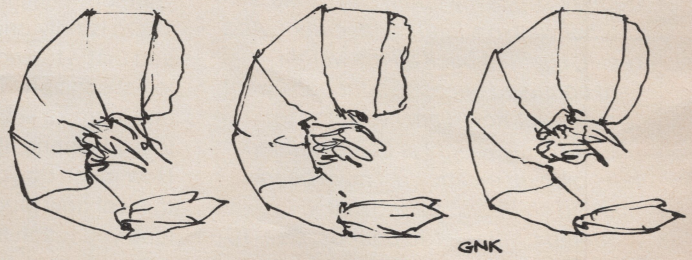
"AN EX-SIZE 44 (NOW SIZE 29); FROM 230 DOWN TO 140"





LARRY E. SMITH, West Hollywood, California

"I've been fat all my life and I very seldom ever dated. My love life sure has improved since I lost my weight! I'm only 5 feet 4 inches tall, so at 230, you know I was a 'Big Butterball!'" I moved from Rossville, Ill., to Denver, where I went to college. I lived in Denver four years, and now I'm a banker in Hollywood and happier than I've ever been in my entire life"



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Yes, corn oil is high in polyunsaturates. But Kraft Safflower Oil is even higher. Up to 25% higher.

In fact, Kraft Safflower Oil is higher in polyunsaturates than any leading vegetable oil. Peanut. Soybean. Or corn.

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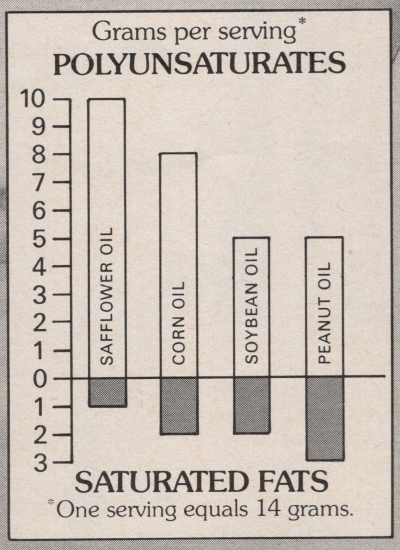
You may have to pay a little more for this precious oil, but think of what you're getting.

Kraft Safflower Oil.



You get what you pay for.

LEGAL

The Then-&-Now SCRAPBOOK

continued

"75 POUNDS GONE, NOW 34-24-34; WAIST — 12" LESS, HIPS — 14" LESS"

MARY ELLEN TAGUE, Seaford, New York

"When I began going to Weight Watchers classes, I wrote a letter stating my feelings about being overweight. I sealed the letter and put it away and promised myself I would open it the day I reached my goal. The evening I did reach my goal weight, I read the letter. It sure brought back some painful memories of being fat, but it made me proud to know that I had finally 'won'!"

"118, USED TO BE 201"

CHARIE TEMPLE, Elizabeth City, North Carolina

"It all started when I saw 'before' and 'after' pictures of a girl my age in your magazine. If she could do it, I knew I could. It's nice to look in a full-length mirror and smile at what I see. Hope these pictures help someone like the ones I saw helped me!"

"70 POUNDS LOST FOR THE TWO OF US"

HANNAH R. KUHN, Simi Valley, California

"My husband, Mike, and I had gained an average of five pounds for each year of our seven years of marriage. Finally, we each took off 35 pounds in about four months and have kept it off for almost a year now. We feel younger, stronger and happier.

"I weighed 148; I'm now 113. My hips showed the most dramatic change, going from 42" to 35½". My husband weighed 190 and he went down to 155. His waist went from 40" to 33"."

COME ON!
TELL US ABOUT YOURSELF!
LET'S SEE THE HAPPY THIN PERSON YOU'VE BECOME!

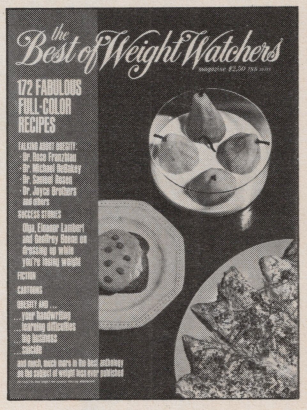
Share with readers your weight loss story and write us about the good things in your life now that you've reached your goal weight. Tell us who you are, what you do — and what you're doing with your thin new life. Be sure to include complete weight loss statistics.

And don't forget to send us those important "before" and "after" photos that really tell the story. Send all material to: Scrapbook Editor, Weight Watchers Magazine, 635 Madison Avenue, New York, N.Y. 10022.

We reserve the right to condense or edit all letters. Photos will be returned if accompanied by a stamped, self-addressed return envelope.

The first special edition of

Weight Watchers® magazine



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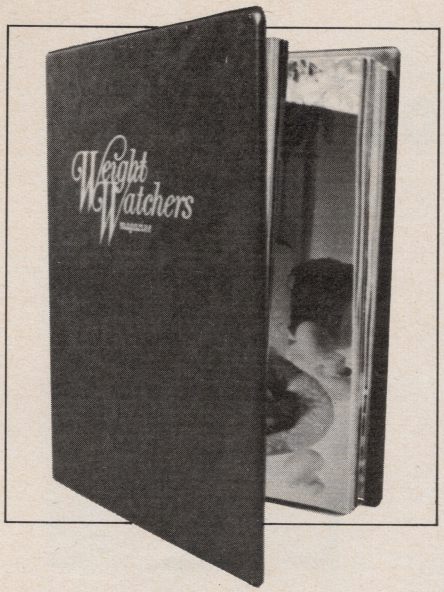

all of 1974 for you

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WHAT THEY'RE SAYING ABOUT OBESITY

• *Who should take the bypass?* Commenting on the subject in *Drug Topics*, contributing editor Charles McGrath writes that the intestinal bypass operation was intended only for extreme cases of obesity "in which no other measure has met with success." It is definitely *not* cosmetic surgery.

Recent reports, writes editor McGrath, suggest that the procedure may be even more dangerous than thought at first, due to observations of a connection between intestinal bypass and malfunction of the liver, to give one example. Another conclusion is that the mortality risk involved in the operation may be as high as 1 in 12.

THE PROBLEM OF MAJOR PROPORTIONS . . . A professor of physical and health education at MiraCosta Community College in Oceanside, Calif., has been doing extensive research on overweight in the U.S. "Approximately 30 per cent of the adult male population and 40 per cent of the adult female population exceed their normal body weight. Fifteen to 20 per cent of all teen-agers are overweight," states Gail Prentiss. The latter figure is particularly alarming, says Professor Prentiss, "when one considers that the teen-age years are the most active years and overweight has, in the past, appeared later in adult life."

• *Is your child overweight . . . and "shy"?* In a controlled weight-loss situation, Dr. Milan Pazourek of Tacoma, Wash., found that those children who had been described by their parents as "shy" or "lonely" when they were fat, were the most active members of the study group once they received encouragement and gained self-confidence.

Dr. Pazourek feels that teachers often ignore fat children and don't encourage them to take part in activities, which only increases the fat child's feeling of inferiority. Parents and teachers should work together to make the child a part of the group, he feels. Five pointers from the doctor that parents can put to use are: 1) Get your children on a balanced diet — and set a good example by following a balanced diet yourself; 2) set up a home gym and teach your youngsters to use it (it need not be elaborate: a skip rope; a chest-pull expander and dumbbells, for a cost of about $15); 3) teach them exercises that will help them most — and, if you can, exercise with them; 4) give them love and understanding and plenty of encouragement. [For items 1, 2 and 3, it is recommended that you first check with your doctor and your children's. —THE EDITORS]

THE ITALIAN DISEASE . . . Italy's Agriculture Department has put aside nine million dollars to campaign for better eating habits. Seems that the government was up in arms after it took some surveys and found that Italians don't know how to eat properly the food they cook so well. Prof. Edoardo Turchetti of the University of Bologna said that of 300 persons whose eating habits he analyzed, not one ate a balanced meal. Another study resulted in the following comment: "The trouble is not only that we eat too much, but that we still want more even when we are full."

One final blow came from a University of Rome professor, founder of the Italian Union Against Obesity, who said that eating is like a national pastime from the cradle to the grave.

If you come across any statements or comments pertinent to the subject of obesity and weight control that would be applicable for publication in this column, please send them along to our "What They're Saying" Editor, *Weight Watchers Magazine,* 635 Madison Ave., New York, N.Y. 10022. Be sure to give the complete source, the date it appeared and your full name and address. We'll pay $3 for each one used . . . and no submissions will be returned.

Introducing Weight Watchers® luncheons Italian style!

Would you believe...Weight Watchers Lasagna! Weight Watchers Ziti-Macaroni with Veal! Weight Watchers Eggplant Parmigiana! All genuine Italiano. Scrumptious old World ingredients like the pasta, the mozzarella, the ricotta, the romano, the veal-o, the oregano. Bravo Weight Watchers luncheons! Send for our collection of big ideas on when, where and how to enjoy all the Weight Watchers® luncheons and dinners. For your free copy, simply write "Idea Guide," Box 2299, G.P.O., N.Y. 10001.

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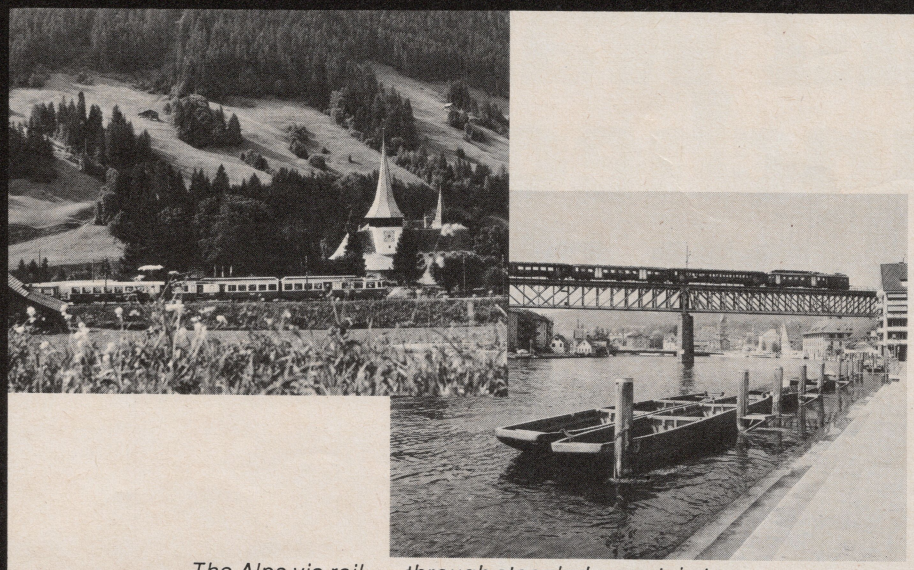
people only...



The Alps via rail . . . through steepled mountain towns and quiet quay-side suburbs

TRAVEL PLANS IN YOUR future? If going overseas is under consideration, consider Switzerland. The Alps are just as lovely during the spring and summer as they are during ski season — and the best way to see them is via rail. The all-electric Swiss Federal Railways pass over 5,455 bridges, through 670 mountain tunnels (the Simplon tunnel covers over 12 miles). For something different in rail travel, ride the steam engine from Brienz up to the Rothorn: It's the same as the first cogwheel railway used in Switzerland.

A must on six continents is *The World Museums Guide* (McGraw-Hill $9.95), edited by Barbara Cooper and Maureen Mateson with the cooperation of the International Council of Museums. Two hundred art galleries and museums in 51 countries are included, with listings of up to 25 not-to-be-missed *objets d'art* personally selected by the curators at each institution.

And whether you're traveling stateside or abroad, if you're flying in a U.S. airline and have any comments or complaints about the service, the Office of the Consumer Advocate (Civil Aeronautics Board, Washington, D.C. 20428) would like to hear from you.

MEN WILL BE MEN . . . or will they? Chief proponent of the super-male faction these days is Russell L. Rhodes, whose book *Man at His Best* (Doubleday, $8.95) gives tips on how to look better, feel better, and become a SUCCESS. On the other side of the tracks is Marc Feigen Fasteau, an ardent feminist as well as a happily married lawyer, who describes the negative as well as the positive facets of masculinity in *The Male Machine* (McGraw-Hill, $7.95). His view of the future is of "an androgynous world where neither men nor women will be bound by restrictive and artificially polarized sex roles." Choose your corners, folks; round one is about to begin.

ON THE HEALTH SCENE, an informative book and a handy product debut for layman and patient. *Understanding Arthritis & Rheumatism*, by Malcolm I. V. Jayson, M.D., and Allan St. J. Dixon, M.D. (Pantheon, $7.95), explains in detail the latest scientific thinking on these diseases and related ailments — including how best to cope with contingent problems, and how, when and where to seek treatment.

A new blood pressure meter designed for use in the home, office or whenever the user is away from medical facilities translates maximum and minimum blood pressure levels into audible "beeps." A sensitive microphone in the velcro cuff of the 2½-pound unit makes it more accurate than a stethoscope. For additional information about the Cardy 8 ($175), write to Mr. Ed Bender, President, Burlington Bio-Medical Corp., 2014 Ford Rd., Bristol, Pa. 19007.

IF YOU BLOW-DRY those locks, try Helene Curtis's No Set, a hand dryer styling conditioner with anti-static ingredients. Available at professional beauty salons for $3, No Set makes it possible to recreate a stylist's effects in your own home.

And, to add gentle highlights to your hair, try Clairol's Quiet Touch. Everything needed to add a natural glow to hair comes in this handy kit (about $4.50). Simply brush Quiet Touch on, as much or as little as desired, wait 15 minutes, rinse and shampoo. The trick to subtle highlights is in the amount of hair that's painted — the finer the strands, the more delicate the effect.

THE BIG BANDS came to the fore around 1935 and slipped from the pop music scene within 15 years, but to the swingers of the period, they'll never die. (And there's the perennial rumor that they're coming back, too.) *The Big Bands* by George T. Simon, foreword by Frank Sinatra (who else?), mentions some 450 of these groups in a chronicle of an American cultural era. (Macmillan; $12.95 hard cover, $5.95 paperback.)

AEROSOL CONTAINERS have been under attack from ecologists lately and some manufacturers aren't taking any chances. Clinique Laboratories, Inc., who phased out their aerosol deodorant last year in favor of a roll-on, have replaced their hair spray with a non-aerosol version. The pump-sprayed product is all the original was (invisible, holding, unscented and allergy tested), but it's also humidity-proof, has a finer mist, more selective aim and a travel cap that prevents leakage. In addition to the Clinique Non-Aerosol Hairspray ($5), they're planning to "de-aerosol" their Transition Makeup, so if you're a fan of the foam, stock up now while it's still being sold.

33% less fat... and we pay you to lose!

Best Kosher now adds several new delicious beef products to your diet menu. These products contain no more than 20% fat which is at least 33% less fat than U.S.D.A. standards allow. Lower fat means less calories. There's even a $1.00 refund for trying the Best. Look for Best's Kosher at your favorite food store.

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BUY 3 BEST'S KOSHER LOWER FAT PRODUCTS & WE'LL SEND YOU $1.00!

To get your $1.00 refund, fill out and send this coupon with the words "LOWER FAT" from the front panels of three (3) packages of Best's Kosher Lower Fat Products: Frankfurters, Knackwurst, Chub Salami, Sliced Salami and Sliced Bologna. Mail to:

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NOTE: OFFER GOOD ON LOWER FAT PRODUCTS ONLY.

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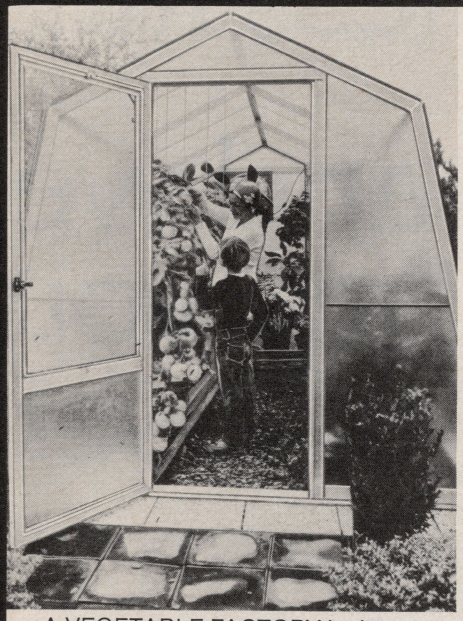

A VEGETABLE FACTORY isn't a place where they manufacture lettuce and broccoli in test tubes; it's a new thermal-wall greenhouse designed to save heating costs. Laboratory tests on the double-walled Vegetable Factory (it's available in a lean-to model, too) indicate it can produce 650 pounds of vegetables annually at an average cost of 19 cents a pound — including all operating costs. The greenhouses come in easily assembled kits priced from $278 to $699. For additional information, write to Vegetable Factory, Inc., 100 Court St., Copiague, N.Y. 11726.

BACK-TO-NATURE BEAUTY treatments abound these days. One new cosmetic line to watch for is Cattier Hygiene and Beauty Products from France. In addition to such unusual items as clay, honey and olive oil soap (*Argimiel*: $1.25 per cake) and clay and sea salt toothpaste (*Dentargile:* $1.25), Cattier produces one of the best deep-cleansing masks on the market, *Masquargile,* for normal and oily skin ($4) or with extra soothing olive and sweet almond oils for dry and delicate skin ($5). Each tube contains enough clay substance for eight to 10 masks.

According to Cattier, there are five good reasons for using clay substance: 1) being absorbent, it "drinks" clogged dirt, oils and even odors to leave skin clean and free from blackheads; 2) as stimulating as a light massage, it improves oxidation and circulation with an invigorating, toning, tightening and revitalizing action; 3) it contains minerals such as magnesium and silica that help preserve the skin's natural acid balance; 4) it destroys certain harmful bacteria associated with problem skins without the destruction of beneficial bacteria (often a difficulty with chemical antibacterials); and, finally, 5) clay is gentle, completely non-abrasive and non-irritant.

Meanwhile, the people at Coty have a new mask similar to the old-fashioned mud pack: Sweet Earth "Mud," a 10-15 minute, once-a-week treatment that comes in Mineral for normal-skinned women of all ages and Medicated for younger, troublesome complexions ($2.75).

THE BIG BIRTHDAY

SAILING SHIPS PLAYED an important part in American history. In honor of the Bicentennial, sailing craft from 20 to 30 nations will be visiting U.S. ports in 1976 under the auspices of Operation Sail, a non-profit organization of sailing and maritime enthusiasts. A highlight of the visits will be a trans-Atlantic race run by the Sail Training Association. For additional information on the activities planned by Operation Sail write to: Operation Sail, Room 73 W., One World Trade Center, New York, N.Y. 10048.

THE BIG BIRTHDAY

A CHANCE TO FINANCE part of their college education is available to young amateur photographers if they know where to look. Scholarships offered include: the Scholastic/Kodak Photo Awards for students in grades seven through 12 (for information write: Scholastic Photography Awards, 50 W. 44 St., New York, N.Y. 10036), the Kodak Junior Miss Photo Awards for high school seniors (write: America's Junior Miss Pageant, Box 457, Mobile, Ala. 36601), the 4-H photography project for 4-H members (contact your local Cooperative Extension Service for information) and the Scout Photo Scholarship Award for Boy Scouts 11-15 years old who have earned their photography merit badge (write: Scout Photo Scholarship Awards, Scouting Division, Boy Scouts of America, North Brunswick, N.J. 08902).

OUT OF WORK? Many Americans are finding themselves in this predicament these days, either temporarily or for an indefinite period of time. A new booklet of ideas for converting time into money without a great deal of specialized training, skills or tools suggests calling upon past interests or experiences. If you think your name might be on the unemployment rosters soon, "37 Ways to Make Money When You're Out of Work" by Lew Williams, can be ordered for $3.95 from Peninsula Data Craft, Box 2237, Newport News, Va. 23602.

IF THE LOUD FAMILY intrigued you, meet the Neumeyers, a couple in their 40's with three children ages 12-21, a mortgaged suburban home and an annual income of 12,000 dollars. In *Trying Out the Dream: A Year in the Life of an American Family* (Lippincott, $9.95), Paul Wilkes points out that peace and security don't necessarily come with a move from city to suburbs, just as children don't necessarily turn out as you had planned.

UNDERSTANDING INSURANCE is not an easy chore — particularly with the legal mumbo-jumbo of the average policy. Pennsylvania has been rating policies on the Flesch Readability Scale, which determines the difficulty of written material on the basis of the average number of words in a sentence and the number of syllables in the average word. So far, only Nationwide Mutual Insurance Company's Century II Auto Policy is on a high school reading level . . . the rest are technically only comprehensible to college grads!

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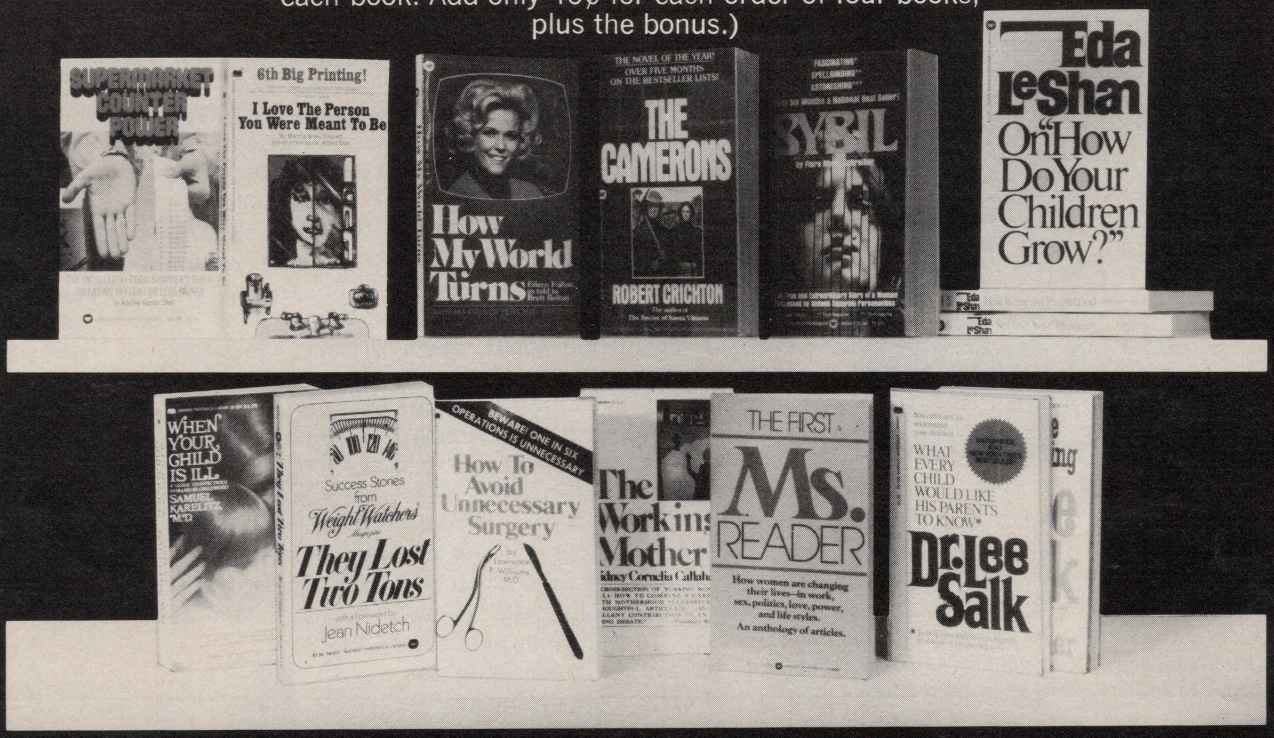

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☐ **How My World Turns** by Eileen Fulton as told to Brett Bolton. The real-life story of TV's "Lisa" on **As The World Turns,** with photos. **$1.25**

For The Home

☐ **Supermarket Counter Power** by Adeline Garner Shell. The intelligent food shopper's guide to eating better for less money. **$1.25**

☐ **I Love the Person You Were Meant to Be** by Martha Wiley Emmett, introduction by Dr. Albert Ellis. A moving novel of mental illness. **$1.25**

Diet and Health

☐ **How To Avoid Unnecessary Surgery** by Lawrence P. Williams, M.D. Sound advice that can save you hours of suffering and thousands of dollars. **$1.25**

☐ **They Lost Two Tons,** Foreword by Jean Nidetch. Success stories from *Weight Watchers Magazine* of the people just like you who have lost weight. **$1.50.**

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☐ **The First Ms. Reader.** An anthology of articles on how women are changing their lives. **$1.50**

☐ **The Working Mother** by Sidney Cornelia Callahan. A mother of six tells how to combine career with a family. **95¢**

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THE 10 BEST COIFFURED Women of the year, according to the Helene Curtis Guild of Professional Beauticians, includes a roster of singers and actresses — plus U.S. Representative Yvonne Brathwaite Burke (see photo). The California Congresswoman was the only non-"star" on the list.

WOMEN ARE RETURNING to school at an increasing clip, as Jeane Westin's article on page 42 in this issue indicates. Boston University's School of Management still isn't satisfied. They've hired a recruiter to increase the number of women in the M.B.A. program and set up part-time courses so the new students can continue working in the field while earning a managerial degree.

Meanwhile, in Virginia, senior citizens (65 or older) can audit up to three college classes or take up to three non-credit classes tuition free on a space-available basis.

YOUR DREAM HOUSE MIGHT seem a million years away in these times of tight money, but 'tain't necessarily so. Bill Baker's *House of Ideas* (Macmillan; $15) can help transform any home by showing how to remodel the kitchen; repair doors, windows, flooring; add a floating staircase or a modern fireplace. Step-by-step instructions and actual photographs make the myriad possible construction projects feasible for the do-it-yourself-er as well as the experienced carpenter.

By analyzing your kitchen and bath needs, revitalize your present home with a minimum of expense: *The Homemaker's Guide to the Bathroom and the Kitchen* lists all the dos and don'ts of remodeling along with sample floor plans illustrating how to use space to the best advantage for your family's needs. This paperback can be ordered directly by sending $1.25 to: American-Standard Pocketbook, Box 100, New Brunswick, N.J. 08903.

And whether you're planning to take the big plunge with a new home or just trying to maintain the old one, the U.S. Department of Agriculture's "Finding and Keeping a Healthy Home" can assist you. The illustrated booklet discusses how to recognize, prevent and remedy wood decay and insect damage in a house, including such often overlooked things to watch for as planters built against the foundation, less than 18-inch crawl spaces or roof overhangs, and unvented attics. Copies are 60 cents from: Consumer Information, Pueblo, Col. 81009.

"What hurts, Murphy, is your confiding in 'Dear Abby' instead of coming to me with your problems."

YOUR COLOR TV SET in disrepair? According to the people at Magnavox, if the cost to fix it is estimated at more than 20 per cent of the set's replacement cost . . . better start shopping for a new one. And, even if the repair work to be done is minor, have the repairman check to see how much life is left in the picture tube. No sense investing even a small amount in repairs if next month you'll be spending 200 dollars with installation labor for a new tube (about half the price of a new 19-inch solid-state model). □

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A FEAST OF STARS

YOUR STARS ☆ YOUR FUTURE AND YOUR WEIGHT

illustrated by mar

taurus

FOR THE MONTH OF MAY, 1975
by Florence Stevenson

TAURUS (Sign of the Bull)
April 21-May 21

Your ruling sign Venus makes you a pleasure lover with a highly sensitive nature. Generally, you're not very complex. Your wants are simple: simply ambitious, simply creative and simply acquisitive. There's nothing psychological in your passion for the world's goods; you just need beautiful clothes to wear, beautiful places to go and beautiful things around you. You aren't especially stingy, but you might agree with Polonius when he states, "Never a borrower or a lender be." You can be very stubborn, but you're also very courageous.

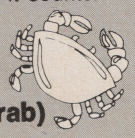
Alas, Taurus, you're inclined to overindulge. Yes, Taureans often have weight problems (it's that hedonistic nature that does it). You've been called a slave to your appetites (appetites in a general sense), and specifically, it's your weight that needs controlling. Fortunately, another characteristic of Taurus is wisdom, so control it you will.

Wonder who should be your soul mate — or roommate? You're inclined toward other earth signs, not to mention Capricorns, Virgos and Scorpios. The cynical say that earth and water make mud — but there *are* exceptions. Your gemstone? Lucky you, it's an emerald. Your color is pink. Famous Taureans? There's a predominance of singers, classical and otherwise: Birgit Nilsson, Nan Merriman, Joann Grillo, Roberta Peters, Ann-Margret, Perry Como, Ella Fitzgerald, Barbra Streisand, Bing Crosby, Carol Burnett and Cher Bono.

Shall we be specific? May starts out a little mixed, at least during the first week. Friends will be friendly, but a few could irk you. As the month progresses, your increased creativity could lead to a new job. However, watch out for an attack of spring fever and don't give in to it just at present. In case you're contemplating forming a partnership, be careful in your choice of a partner or you could be in for a not-so-pleasant surprise. For the career-minded, the last part of the month could prove most exciting and rewarding, especially if you've been watching your ps, qs, — and that hand-to-mouth action.

GEMINI (Sign of the Twins)
May 22-June 21

You're active socially and if you're looking your best, you could really make an impression. How large an impression should depend on your personality, which is one place where you *can* expand. You are very much with it this month — lots of bright ideas you might have a chance to express in public. People are really going to sit up and take notice of you, but don't spread yourself too thin, except where it counts.



CANCER (Sign of the Crab)
June 22-July 23

Ambition and the accompanying desire to ride over or knock down all obstacles is occupying your mind this May. It looks as if you might succeed in your objectives, too. You might want to join a study group with emphasis on the metaphysical. Cancers can be psychic and so it may be a very good idea. Watch out for an intrigue; don't become too involved. It's also a time when you need to be careful about food intake. The stars say there's a tendency for Cancers to overindulge, but since the stars impel but don't compel, *your* fate is in *your* hands . . . or rather mouth.

LEO (Sign of the Lion)
July 24-August 23

There might be a few problems for you as the month starts, but if you don't panic, you'll be able to solve them easily enough. It could be a time to travel, the first weekend in particular. You may get a very good job offer this month. By the way, if anyone asks for your advice, it wouldn't hurt to proffer it. You wouldn't be the loser. In fact, this month you stand to gain a great deal — in friendship and in the material sense, too. (But this means financial — not weight — gain. Unless you lions toe the line, you could do some gaining in that department.)

VIRGO (Sign of the Virgin)
August 24-September 23

If your career needs special studies, start applying yourself right away and you could progress very quickly. If you're thinking about marriage, now might be the right time. Look for a visitor from out of town. If anyone asks your advice during the third week in May, weigh your words well. It's time for some soul-searching, too: Know thyself, and you could know a great deal. Also, know thy weight and act accordingly, Virgo. Summer's coming in and you don't want to bulge in your bikini.

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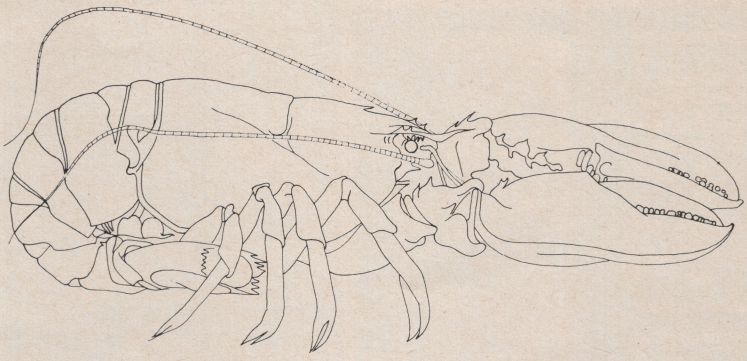

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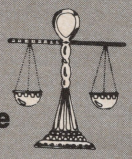
A FEAST OF STARS
continued



LIBRA (Sign of the Scales)
September 24-October 23

May brings changes in diet, in thoughts and even in your surroundings. You won't necessarily be making a move to another house, but you definitely will be spring cleaning or renovating your present quarters. It's a good idea, too. A job change and profitable trip could be in the offing. By the way, if you're a little short of money this month, don't borrow — something will turn up. Be careful at work. Someone is offering you competition and you must be up to the challenge in all ways — especially appearance.

SCORPIO (Sign of the Scorpion)
October 24-November 22

You should be working hard because this is a very exciting time of year for you. People are really in your corner and if your job seems routine, there are great chances for advancement. A word of warning: You do need to watch your finances this month, more might be going out than should be. You're inclined to spend not wisely and too well and now is certainly not the time. Still, you're definitely going places and in all ways — weight-wise, that means *down*!

SAGITTARIUS (Sign of the Centaur)
November 23-December 21

You'll be very busy as the month begins and lots of details confront you. Better finish all your tasks before you're pulled into the social scene. Some changes in your mode of living may occur mid-month, possibly you may become interested in a new study or even a new religion. There's a chance that single Sagittarians will marry and that married ones will change their status, too. Please don't leap before you look. If you feel you'd like to travel, this is the time. Travel is broadening, but be sure you take that to mean that you'll be doing more seeing than eating.

CAPRICORN (Sign of the Goat)
December 22-January 20

You may be able to get a very good tip from a business associate as the month begins. It could prove an important asset. You'll need to be particularly tactful with a loved one, as feelings could be easily hurt. Beware of gossip. Even if it's about you, don't go in for any confrontations; just ignore it. It's possible that an old acquaintance could turn out to be the love of your life; stranger things have happened. New friends can also enter your life, but don't be too confiding in a stranger. There's a little impatience with life in general as the month ends. You're fretting because nothing's happening fast enough. That could cause anxiety, which could cause overindulgence in food. No, Capricorn!

AQUARIUS (Sign of the Water-Bearer)
January 21-February 19

Everything seems very slow, but actually there's progress. In the second week, things really begin to speed up. You may be feeling most creative — and those of you in public relations will be having a particularly productive period. If there are any problems at work, perhaps you might be recruited as a peacemaker. Don't refuse that assignment. You'll be feeling extremely confident as the month draws to a close. You have some really good ideas, but what sort of package are they wrapped in? A trim and neatly tied one, I hope.

PISCES (Sign of the Fish)
February 20-March 20

Travel is in your chart right now — not long distances but short trips and mainly for business. These could prove very profitable. You could find your great love soon, and if you're already involved, things should reach the boiling point. Looks as if the work scene is very good. All you need do is discipline yourself so that your habits or tendencies don't interfere with your schedule. Pisces is a water sign: How about drinking it as well as swimming in it? It's better for you than those ice cream sundaes.

ARIES (Sign of the Ram)
March 21-April 20

Might be that you'll pick a quarrel with your nearest and dearest. It's in the stars, but forewarned is forearmed. Also, about now is the time to visit your dentist or podiatrist . . . those pesky little things you've been putting off could prove troublesome if you don't take steps (nothing serious, mind you). You're working a bit harder than usual this month, but since when did you ever mind that? Don't worry about finances — looks great in that quarter. If you feel you'd like to change your residence, wait, because you might change your mind. It's love, love, love all around you this month. Are you ready for it, Aries? □

Are You

UP ON SPICES?

Try this short quiz to find out

by Catherine Bendall

What do you know about the spices you use every day? Take 10 points for each correct answer. Score 100 points — you're cooking with gas; 75 points — something is burning; 50 points — you should hire a cook.

1. Black pepper comes from the — (a) leaf (b) flower (c) berry — of the pepper plant.
2. Cayenne pepper and black pepper come from — (a) the same plant (b) related plants (c) unrelated plants.
3. Nutmeg and mace come from — (a) the same tree (b) related plants (c) unrelated plants.
4. Cloves are from the (a) leaves (b) unopened flower buds (c) bark — of the clove tree.
5. Vanilla is obtained from the — (a) flower (b) leaf (c) fruit of the pod — of the vanilla plant.
6. Cinnamon is taken from the — (a) root (b) leaf (c) bark — of the cinnamon tree.
7. Ginger is the — (a) dried leaf (b) stalk (c) root — of the ginger plant.
8. Allspice is the — (a) ripe fruit (b) leaf (c) unripe fruit — of the pimiento plant.
9. Nutmeg comes from the — (a) flower (b) bark (c) fruit or kernel — of the nutmeg tree.
10. Turmeric come from the — (a) tuber (b) leaf (c) stem — of the curcuma plant.

ANSWER TO SPICE QUIZ

1. (c) 2. (c) 3. (a) 4. (b) 5. (c) 6. (c) 7. (c) 8. (c) 9. (c) 10. (a).

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tantalizing... tasty: OUR GREEK R

The fact that it is more difficult to raise food in Greece (because of the terrain) than in many other places in the world in no way detracts from the excellence of Greek cuisine. Imagination in cooking and concern for good taste are traditional in Greece. The flavor of fresh foods freshly cooked is highly prized. For holidays and feast days, and whenever she possibly can, the Greek homemaker will use fresh produce and meats. Fish and seafood are almost always fresh. The Greeks love herbs

BAKED LAMB STEAKS WITH ARTICHOKE HEARTS

GREEK VEAL STEW

ECIPES

FISH WITH SHRIMP SAUCE

EN WITH OKRA

MOUSSAKA

BAKED FISH IN WINE-FLAVORED SAUCE

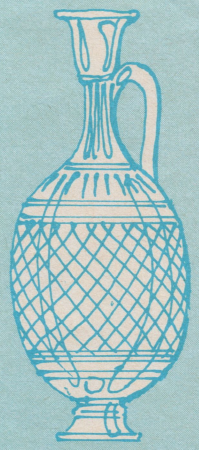
recipes on following page

photography by erik falkensteen

and use them judiciously; thyme, dill, parsley and oregano are the most popular. Cinnamon, the most popular spice, is used frequently in meat stews, as well as with fruit and vegetables.

Not only does Greek food taste wonderful, it's a joy to look at. The imagination with which Greek cooks combine vegetables (okra and artichokes are very popular) with meats and fish produces dishes that are bright and colorful. The delicious taste of our **Chicken with Okra**, for example, or **Baked Lamb Steaks with Artichoke Hearts**, is enhanced by the fact that it looks so inviting.

Taking our cue from Greek cooks, we happily offer our adaptations of Greek dishes. We love the idea that each one tastes so good, it will turn any meal into a happy occasion. The good taste is unlimited, but each recipe has been developed so that it will help avoid extra, immoderate pounds.



In this issue . . .

In any recipe for more than one serving, it is important to mix the ingredients well and divide the mixture evenly so every portion has an equal amount of each ingredient.

Also, in recipes where the liquid as well as the solid parts have to be divided evenly, (1) drain the liquid and (2) set aside; (3) follow procedure above for remaining ingredients; (4) add equal amounts of the liquid to each portion.

In addition, don't forget to weigh each portion before eating . . . and to supplement as required.

tantalizing... tasty:

STUFFED CUCUMBERS WITH FETA CHEESE

(AS SHOWN ON OUR COVER)

1 medium cucumber, peeled
2 ounces feta cheese, crumbled
2 teaspoons mayonnaise
⅛ teaspoon Worcestershire
1 tablespoon chopped parsley

Cut cucumber in half lengthwise; then cut each piece in half crosswise. With spoon scoop out seeds and center.

In bowl mash cheese with fork. Add mayonnaise and Worcestershire; mix well. Spoon ¼ of mixture into center of each cucumber piece. Refrigerate covered 30 minutes or until well chilled. Just before serving, sprinkle with parsley. Makes 2 servings.

CLOVED EGGPLANT

(AS SHOWN ON OUR COVER)

2 cups granulated sugar replacement
2 cups water
6 whole cloves, tied in cheesecloth bag
2 tablespoons lemon juice
2 cups eggplant, peeled and cut in ½" cubes

Combine sugar replacement, water, cloves and lemon juice. Bring to a boil; add eggplant. Simmer 20 minutes or until eggplant is tender. Remove cloves. Chill. Serve with liquid. Makes 4 servings.

GREEK SALAD

(AS SHOWN ON OUR COVER)

½ small head romaine lettuce, torn in bite-size pieces
¼ medium tomato, sliced
¼ medium cucumber, halved lengthwise and sliced
3 tablespoons dehydrated onion flakes
1 tablespoon capers
⅛ teaspoon mint leaves, or 1 teaspoon chopped fresh mint
⅛ teaspoon dill weed, or 1 teaspoon snipped fresh dill
4 ounces feta cheese, diced
3 tablespoons wine vinegar

In bowl combine lettuce, tomato, cucumber, onion flakes, capers, mint and dill weed. Toss lightly until well mixed. Add feta cheese and wine vinegar. Toss lightly until well mixed. Makes 2 servings.

SPANAKOPETA

(AS SHOWN ON OUR COVER)

1 slice enriched white bread
1½ cups cooked spinach
½ teaspoon chopped dill
1 tablespoon minced parsley
¼ teaspoon salt
2 eggs
2 ounces feta cheese, crumbled

Cut through bread horizontally making 2 thin slices. Cut each slice into quarters. Place on baking sheet; bake at 425° F. (hot oven) 10 minutes or until lightly toasted. Place 4 of toast quarters in bottom of baking dish.

Combine spinach, dill, parsley and salt. Beat 1 of eggs slightly; add to spinach. Spoon mixture on toast in dish. Beat remaining egg slightly; combine with cheese; mix well. Spoon cheese mixture on spinach. Top with remaining pieces of toast. Bake at 350° F. (moderate oven) 15 minutes or until cheese is melted and slightly golden. Makes 2 servings.

OUR GREEK RECIPES

continued

STUFFED TOMATO

(AS SHOWN ON OUR COVER)

3 medium tomatoes
1 teaspoon salt
¼ cup dehydrated onion flakes
3 tablespoons beef bouillon
1½ cups cooked enriched rice
3 tablespoons tomato puree
¼ cup chopped parsley
1½ teaspoons mint leaves
1 small clove garlic, minced
⅛ teaspoon oregano leaves
½ cup chicken bouillon

Remove tops from tomatoes. With spoon remove centers from tomatoes, leaving a ¼" thick shell. Remove seeds from centers; discard. Chop tomato centers. Sprinkle insides of tomato shells with salt; turn upside down; set aside.

In skillet cook onion flakes in bouillon over moderate heat 3 minutes. Add rice, chopped tomato pulp, 2 tablespoons tomato puree, parsley, mint, garlic and oregano. Cook over low heat stirring constantly 5 minutes or until bouillon is reduced and mixture is thickened. Spoon ⅓ of mixture into each tomato; pack firmly. Place tomatoes in baking dish.

Combine remaining tomato puree with chicken bouillon. Slowly pour over tomatoes. Bake at 325° F. (slow oven) 20 minutes. Let stand at room temperature 30 minutes. Makes 3 servings.

MOCK TARAMASALATA

(AS SHOWN ON OUR COVER)

12 ounces cooked cod, flaked
1 tablespoon dehydrated minced onion flakes
3 tablespoons lemon juice
½ teaspoon cayenne pepper
3 teaspoons vegetable oil
Lemon slices (to garnish)

Combine cod, onion flakes, lemon juice and cayenne pepper; mix well. Chill. Before serving sprinkle each portion with 1 teaspoon of oil; garnish with lemon slices. Makes 3 servings.

BAKED FISH IN WINE-FLAVORED SAUCE

(AS SHOWN)

1½ pounds fish fillets
1½ teaspoons salt
½ teaspoon black pepper
½ cup water
¼ cup wine vinegar
1½ teaspoons prepared mustard

Sprinkle fish in pan with salt and pepper. Combine water, wine vinegar and mustard. Slowly pour over fish. Bake at 350° F. (moderate oven) 20 minutes or until fish flakes easily with fork. Makes 3 servings.

BAKED LAMB STEAKS WITH ARTICHOKE HEARTS

(AS SHOWN)

9 ounces artichoke hearts, frozen and thawed
3 tablespoons lemon juice
¼ cup chopped parsley
2 small garlic cloves, minced
¾ cup onion bouillon
1 teaspoon oregano leaves
1½ medium tomatoes, diced
1 tablespoon tomato paste
1 teaspoon sherry extract
3 10-ounce lamb steaks
1 teaspoon salt
¾ teaspoon pepper

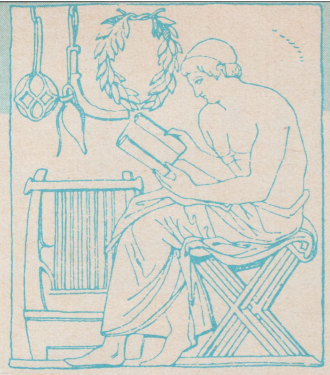
Sprinkle artichoke hearts with 1 tablespoon of lemon juice; set aside.

In skillet cook parsley and garlic in ½ cup of onion bouillon over low heat 3 minutes. Add oregano, tomatoes and remaining lemon juice. Combine remaining onion bouillon, tomato paste and sherry extract; add to pan. Simmer 10 minutes.

Sprinkle lamb steaks with salt and pepper. Broil on rack in pan about 4" from source of heat 8 minutes or until lamb steaks are cooked throughout. Turn once during broiling.

Place lamb steaks in baking dish. Arrange artichoke hearts around lamb. Spoon tomato mixture in pan over lamb and artichoke hearts. Bake at 375° F. (moderate oven) 20 minutes or until artichoke hearts are tender. Makes 3 servings.

recipes continue on following page



COOKBOOK LORE

The world's first cookbook was written in Ancient Greece. Archestratus, writing in the latter half of the 4th century B.C., gave us *The Luxurious Way of Living.* The manuscript contained culinary ideas and recipes from all the areas of the then-known world. Another early Greek, Athenaeus, listed the most highly valued foods of that time. These included the stomachs of tuna caught off Pachynum, young kids from the island of Melos and cockles and prawns from Pelarum.

Cookbooks were handwritten, first on parchment, then on paper. In 1475, the first printed cookbook, *De Honesta Voluptua,* by Platina, appeared in Italy. It took four more centuries, however, until cookbooks started giving exact measurements, precise cooking times and the number of servings. (In fact, some cookbooks today don't give all this information!)

Throughout the ages, cookbooks have reflected the spirit of the times in which they were written. Some examples:

- During the Spanish Inquisition, cookbooks warned that the mistress of a house with an unswept floor, a misplaced saucepan or a neglected cooking oven would be duly punished by hellfire.
- Cookbooks during the time of the flowering of the Arab world in the 13th and 14th centuries were authored by the princes of royal families and philosophers.
- The most popular and influential book pertaining to recipes and cooking during the Italian Renaissance was Bartolomeo Scappis's *Cooking Secrets of Pope Pius V.*
- Until 1796, American cookbooks were simply reprints of books printed in Europe. In that year, Amelia Simmons wrote *American Cookery.* She included such national favorites as Indian pudding and johnnycake, marking the first time recipes for these dishes had ever been given. □

CHICKEN WITH OKRA
(AS SHOWN)

1 pound okra
3 tablespoons lemon juice
1 2½- to 3-pound chicken, cut up and skin removed
1 teaspoon salt
½ teaspoon pepper
3 tablespoons dehydrated onion flakes
¼ cup chicken bouillon
1 cup water
4 medium tomatoes

Sprinkle okra with lemon juice; set aside.

Sprinkle chicken with salt and pepper. In non-stick skillet brown chicken over moderate heat on all sides. Remove to plate. Add onion flakes and bouillon to skillet; let stand 5 minutes. Add water, tomatoes, okra with lemon juice and chicken. Simmer covered 45 minutes or until chicken is cooked throughout. Makes 4 servings.

FISH WITH SHRIMP SAUCE
(AS SHOWN)

1½ pounds fish fillets
1 teaspoon salt
½ teaspoon pepper
4 tablespoons lemon juice
4 ounces onions, chopped
½ cup finely chopped celery
2 tablespoons chopped parsley
1 garlic clove, minced
¾ cup beef bouillon
4 medium drained canned tomatoes
½ pound cleaned shrimp
½ teaspoon sherry extract
1 teaspoon oregano leaves

Sprinkle fish fillets with salt and pepper. Broil on rack about 3" from source of heat 1 minute or until fish is lightly browned. Transfer fish to baking dish; slowly pour lemon juice over fish.

In skillet cook onions, celery, parsley and garlic in ¼ cup of bouillon over low heat 4 minutes. Add tomatoes and shrimp.

Combine sherry extract, oregano and remaining bouillon. Add to vegetable mixture in pan; mix well. Simmer covered 10 minutes. Spoon mixture over fish in pan. Bake at 375° F. (moderate oven) 15 minutes or until fish flakes easily with fork. Makes 4 servings.

GREEK VEAL STEW
(AS SHOWN)

1½ pounds cubed veal
1 teaspoon salt
¼ teaspoon pepper
6 ounces onions, quartered
1 clove garlic, minced
¼ cup chopped celery
1 1½" cinnamon stick
½ teaspoon allspice
1 bay leaf
dash ground cinnamon
dash ground cloves
½ cup tomato puree
1 cup water
3 medium tomatoes, cut in half

Sprinkle veal with salt and pepper. In skillet brown veal on all sides over high heat. (Turn frequently to prevent sticking.) Drain veal; transfer to saucepan. Add onions, garlic, celery, cinnamon stick, allspice, bay leaf, cinnamon and cloves. Combine tomato puree and water; add to pan. Simmer covered 1 hour or until veal is cooked throughout. Add tomatoes. Cook over low heat 10 minutes or until heated throughout. Makes 3 servings.

BEAN SOUP AEGEAN

2 cups water
3 beef bouillon cubes, or 4 packets brown seasoning and broth or beef broth mix
1 teaspoon pepper
¼ teaspoon mint leaves
1 bay leaf
1 tablespoon chopped parsley
¼ teaspoon basil leaves
1 teaspoon snipped chives
¾ cup tomato puree
6 ounces carrots, minced
6 ounces onions, chopped
1 garlic clove, mashed
3 ribs celery, diced
21 ounces cooked black-eyed peas or white beans

In saucepan combine water, bouillon cubes, pepper, mint, bay leaf, parsley, basil and chives. Bring to a boil; stir until bouillon cubes are dissolved. Reduce heat; add tomato puree; mix well. Add carrots, onions, garlic and celery. Simmer 10 minutes or until vegetables are tender. Add black-eyed peas. Simmer an additional 10 minutes or until heated throughout. Makes 3 servings.

MOUSSAKA
(AS SHOWN)

2 cups eggplant
½ cup beef bouillon
1½ teaspoons salt
2 ounces onion, minced
1 clove garlic, minced
¼ cup tomato paste
¼ cup water
½ teaspoon basil leaves
2 teaspoons brown sugar replacement
½ pound cooked lamb patties, crumbled
1 cup skim milk

Cut eggplant in ¼" slices. Cut each slice in half. In skillet cook eggplant in bouillon over low heat 8 minutes. Remove with slotted spoon to absorbent paper. Sprinkle with ½ teaspoon of salt. Add onion and garlic to bouillon in skillet. Cook over low heat 5 minutes or until onion is just tender. Combine tomato paste and water; mix well. Add to pan. Add basil, brown sugar replacement and remaining salt. Simmer 10 minutes. Add cooked lamb; mix well.

Place ⅓ of eggplant slices in casserole dish. Spoon ⅓ of meat mixture over eggplant. Repeat 2 more times with remaining eggplant and meat mixture. Slowly pour skim milk over mixture. Bake at 350 ° F. (moderate oven) 30 minutes. Makes 2 servings.

LEMONY FISH STEAKS

4 10-ounce halibut, cod or bass steaks
1 teaspoon salt
½ teaspoon pepper
½ cup lemon juice
¼ cup chicken bouillon
½ teaspoon dry mustard
2 tablespoons minced parsley
8 teaspoons vegetable oil

Sprinkle fish steaks with salt and pepper. Combine lemon juice, chicken bouillon and dry mustard; mix well. Slowly pour over fish. Sprinkle with parsley. Let stand at room temperature 1 hour. Bake at 400° F. (hot oven) 8 minutes or until fish flakes easily with fork. Just before serving, sprinkle each serving with 2 teaspoons of oil. Makes 4 servings. □

Mitzi Comfort Talks About

YOUR LINEN CLOSET

Naturally, you want the most for your money when you buy bedding and towels. One way to be sure is to buy the finest quality *you* can afford. Plan to buy during the traditional sale times of August and January. Often you can find first quality items in discontinued (but nevertheless attractive) patterns reduced as much as 50 per cent during these sales. And seconds and irregulars (to our way of thinking, an excellent choice) are available at huge reductions the year around.

The most important point about managing your linen closet efficiently is, fortunately, an easy one: Simply rotate the contents of the closet so that everything gets equal use. Place newly laundered sheets, pillowcases and towels on the tops of piles; remove from the bottom those items you're going to use. This simple procedure will add greatly to the life of your bedding and towels.

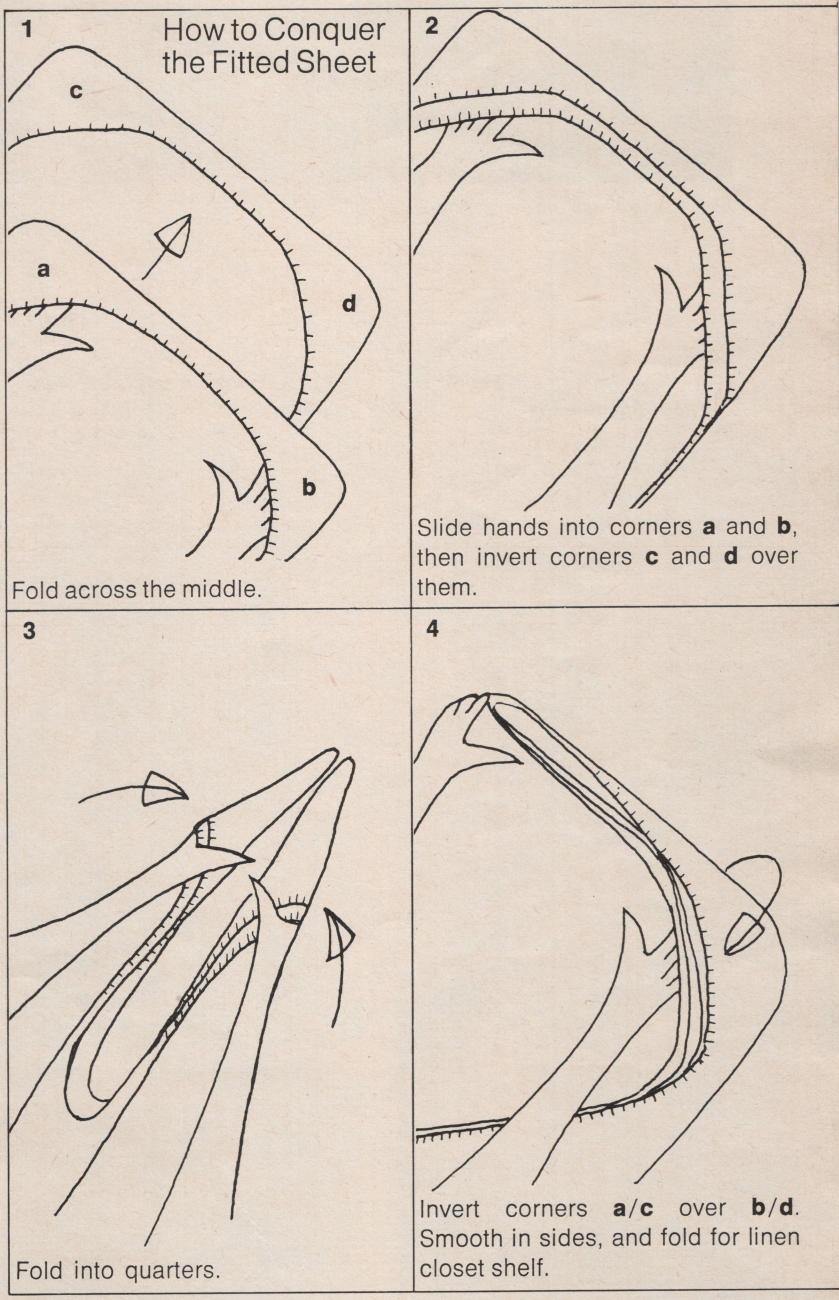
Label the shelves in your linen closet: "Sheets/twin size"; "Sheets/full size"; "Towels/bath"; "Towels/hand"; "Towels/guest" and so forth. Then you'll always know *exactly* what you're reaching for when you go to remove an item. This is especially helpful and timesaving when you have sheets of one pattern in different sizes.

An inexpensive but very luxurious addition to the linen closet is scented bedding. (We all enjoy a touch of luxury; it makes us feel special and cherished.) Store extra bars of bath soap, unwrapped, in a dish in the linen closet. Sheets, towels and pillowcases will absorb the scent.

Gentle laundering is another way to prolong the life of bedding; follow the manufacturer's instructions. When in doubt, use warm water, mild detergent and bleach; dry at warm rather than hot setting.(This method applies to about 95 per cent of all washables and is an energy saver, too.) Use a fabric softener only occasionally with towels. Excessive softening tends to make fabrics waterproof — the last thing you want in a towel.

When linens and towels show signs of wear, don't throw them in the rag pile immediately. Examine carefully with an eye to putting them to another use. For example, a worn bath towel can be trimmed to guest-towel size and start a whole new life. (Hem the edges or bind with tape.) Similarly, guest towels can be turned into wash cloths; sheets for a king-size bed can be trimmed to twin bed size; brightly patterned sheets make attractive, easy care napkins or placemats. □

How to Conquer the Fitted Sheet



1. Fold across the middle.
2. Slide hands into corners **a** and **b**, then invert corners **c** and **d** over them.
3. Fold into quarters.
4. Invert corners **a/c** over **b/d**. Smooth in sides, and fold for linen closet shelf.

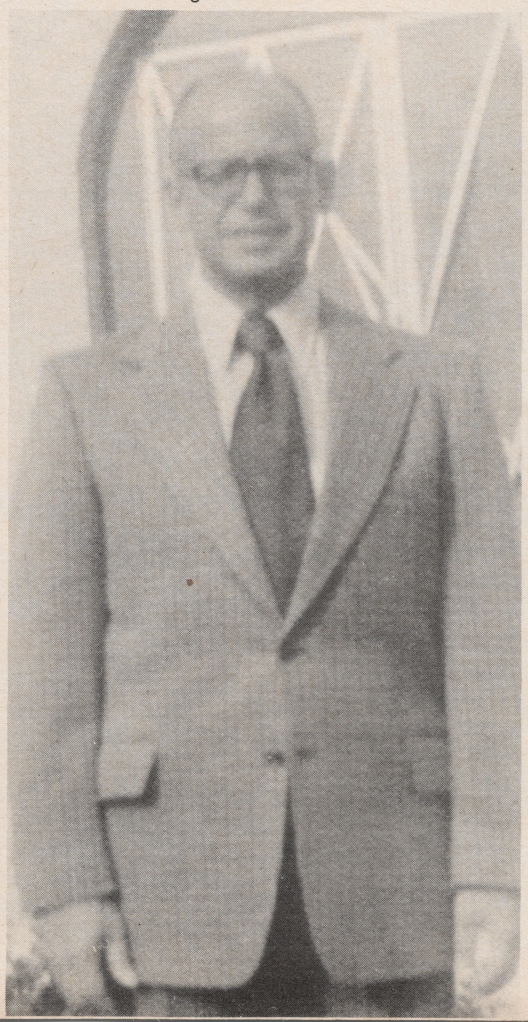
The young Moss brothers: Allen (left) and Sam

1943: *The draft is on. Allen and Sam earn distinction as the horn-playing, heavy-set twins*

A Tale Of Two Brothers:

1970: *The tree doesn't hide the fact that Allen is 285*

1973: *Birthday time for the Moss brothers. Allen weighs 198*



by Art Levine

Allen Moss didn't need any "before" and "after" photos to convince his brother to lose weight. He had himself. For his twin brother, Sam, that was proof enough.

The 51-year-old identical twins have lost over 200 pounds between them. Allen started losing in early 1971, and Sam's determination to shed pounds was sparked by a July, 1972, visit with Allen in Atlanta. As of this writing, the two brothers are nearing their goal weights of just over 160 thanks to recipe swapping, mutual advice and some rivalry.

Allen is a buyer for a department store, and Sam is a Pittsburgh-based traveling salesman. When I saw them, Allen had gone from 275 to 168 pounds. Sam had dropped from 281 to 179.

These two brothers, inseparable until their late 20's, have found a new bond as they pursue their goal.

1952: *Allen (left) and Sam. The pounds begin to show*

1965: *Allen (left) and Sam. A natural progression of weight gain*

Twin Weight Loss 700 Miles Apart

1972: *At his heaviest, Sam weighs 281*

1973: *Just before the twins' birthday, at 198*

Speaking to them in their respective home towns, I found the resemblance uncanny. Balding, with glasses and slightly furrowed brows, they also share the same friendly, outgoing manner. Their voices, even certain gestures, are remarkably alike.

There are, of course, some differences. Sam is a flashier dresser, favoring the bright, checkered Farah slacks he sells on his route. Allen is more subdued, and he was smoking a pipe and wearing a light brown plaid suit when we got together.

"We were always known as the Chubby Twins when we were growing up in Pittsburgh," Allen remarked, virtually echoing Sam. The two were constantly together — and always fat. As students, French horn players, Eagle Scouts, soldiers and salesmen, the Moss brothers were . . . well, *unique.* They did everything together, studying, eating (especially eating), dating, until Allen's first marriage in 1951.

continued

"It hurt when he married," Sam said. "I was like a lost puppy for a while." Sam got married in 1953, and Allen moved to Atlanta in 1959.

Over the years, they kept in touch as they kept getting fatter. But when Sam flew to Atlanta for the July 4th weekend in 1972, they hadn't seen each other in over a year. Allen had been telling him about this weight loss program he was on, with "legal" foods, classes, weigh-ins and lectures, but Sam wasn't ready to get involved.

A few weeks before going to Atlanta, Sam Moss, weighing 281 pounds, went for a physical. "The news wasn't good," Sam recalled. "For medical reasons, I had to lose weight."

The family's history of cardiac trouble and weight problems wasn't encouraging. Their short and stocky father, for example, died of a heart attack at 47. Sam said, "If I continued as I was, who knows what would have happened."

So there was Sam Moss in Atlanta, summer of '72, visiting his brother at the department store. Fat and sweating, he plodded down the aisles, heading toward Allen's office. A crowd of people was standing around when he got there.

As Allen came to greet him, Sam flashed with resentment. Allen, who had always been his double, was now 60 pounds lighter — and it showed in his face, thighs, waist, chest. Everyone was staring at them. Finally, one fellow said to Sam, "Say, you look like he used to look." The twins were not identical anymore.

"He double-crossed me," Sam told me, "and I was envious." Allen remembered, "Boy, all those people really got to him! He *had* to join Weight Watchers. He could see that it worked." Sam made the move less than two weeks later.

Although they'd been fat all their lives, they didn't really start to worry about it until they were in their 40's. "When I passed 40," Allen said, "my weight climbed to 285 — everything seemed to turn to fat. I was concerned, but I didn't know what to do about it. Every time I bought a suit, I was bigger than the last time. I became physically uncomfortable. It was an effort to pick something up, or get in and out of a car."

Lighting up his pipe, he continued, "I tried a few crash diets and the pills. I would lose 20 pounds, then gain them back."

In February, 1971, when Allen weighed 275, the store manager gave him some advice. The manager, who had already lost 20 pounds, said, "You'd do yourself a hell of a favor if you'd lose 50 pounds." The best jobs, after all, don't go to the obese.

"You've got yourself a deal," Allen responded, "and if I lose 50 pounds, I'll buy you a watch." A week later, he went to his first class. In four months, he lost 48 pounds.

"Now, I owe him two watches," Allen laughed. Allen has a right to laugh. He can wear size-36 pants and 41-regular suits. And he's had two promotions in the last year. "I would credit most of it to the fact that I look like a normal human being rather than an obese one." He added, "My management skills have improved. I was pretty grumpy for a while and I couldn't take the pressure as much."

For Sam, it's been a tougher battle. He is on the road every day, and it is almost too easy to put on weight. There are favorite restaurants along the way, and buyers to soften up with expense-account lunches. Sam Moss has been selling slacks to western Pennsylvania retail stores for 23 years.

During the summer, he would sweat as he took the sample bags out of his car, enduring the stares of his customers. Even worse, although he was a clothes salesmen, always talking about styles and fashions, he could only wear the less inspired "stout" sizes. Today, though, he's able to fit into the kinds of pants he sells. "It's very ego satisfying," he said.

"My job isn't getting any easier," he also told me. "I don't know if I could do the work if I hadn't lost this weight." As a salesman, he uses his weight loss as a conversation opener. The retailers he meets keep an informal record of his progress. Sam also enjoys meeting people who don't even recognize him since his weight loss. "But they recognize the voice. They just don't believe it."

After Sam started losing weight in 1972, he eventually caught up to Allen, the weeks going by as they lost pounds at the same time. They made a pact that on their birthday, June 9, they'd weigh what they did when they were discharged from the Army in 1946 — 201 pounds. At their weigh-ins before the 1973 birthday, Allen was 198; Sam, 202.

Sam has gone as low as 177, but he goes up again when he's tense. "I don't play around with women and I don't drink booze, but I like pie," he said. "My frustrations are taken out this way, and I just have to learn to discipline myself."

Their weight problems can be traced back to their childhood. As growing boys, their family life guaranteed huge, tantalizing meals. Allen commented, "When we were kids, we always thought you had to eat until you were stuffed. In our adult life, we kept it up and kept it up. Once past a certain age, *it* caught up with *us.*"

For their bar mitzvahs at age 13, the tailor had to make special white pants to go with their husky sports coats. Still, they were never too worried about weight. They avoided athletics, devoting their energies instead to playing French horn in the all-city orchestra and to Scouting. They had friends, but their closest companions were themselves. "A third person felt like an outsider with us," Allen recalled. "We didn't really need anybody else."

Sam added, "Our whole personality, our whole pitch, was based on being twins."

They enjoyed playing tricks on others. During one high school summer, the two brothers filled one job, switching off as shoe salesmen in a department store. When one of them felt like going swimming, the other took his place at work. The ruse was carried off rather smoothly, until a customer who'd bought shoes from Allen, say, found himself dealing with Sam. Then, there was confusion.

After a while, the personnel director started getting suspicious. He told Sam, "You could bring your twin brother in here and I wouldn't know the difference." Sam countered, "What do you think we've been doing all summer?"

When they graduated from high school, each weighing 175 pounds, they went to the University of Pittsburgh for two years.

Then, in 1943, they were drafted into the service. Their tour of duty was a bit unusual in that they lived in a Miami Beach hotel and played alto

continued on page 62

Summer 1975/Large-and Half-Size Fashion Preview

Summer Fashions for Today's Budget

Strolling around the harbor in Christiansted, St. Croix, you'll be amazed at the myriad of beautiful boats docked there. Pantsuit of 100% polyester. Sizes 14½-22½; $18.50. Catalog #5238.

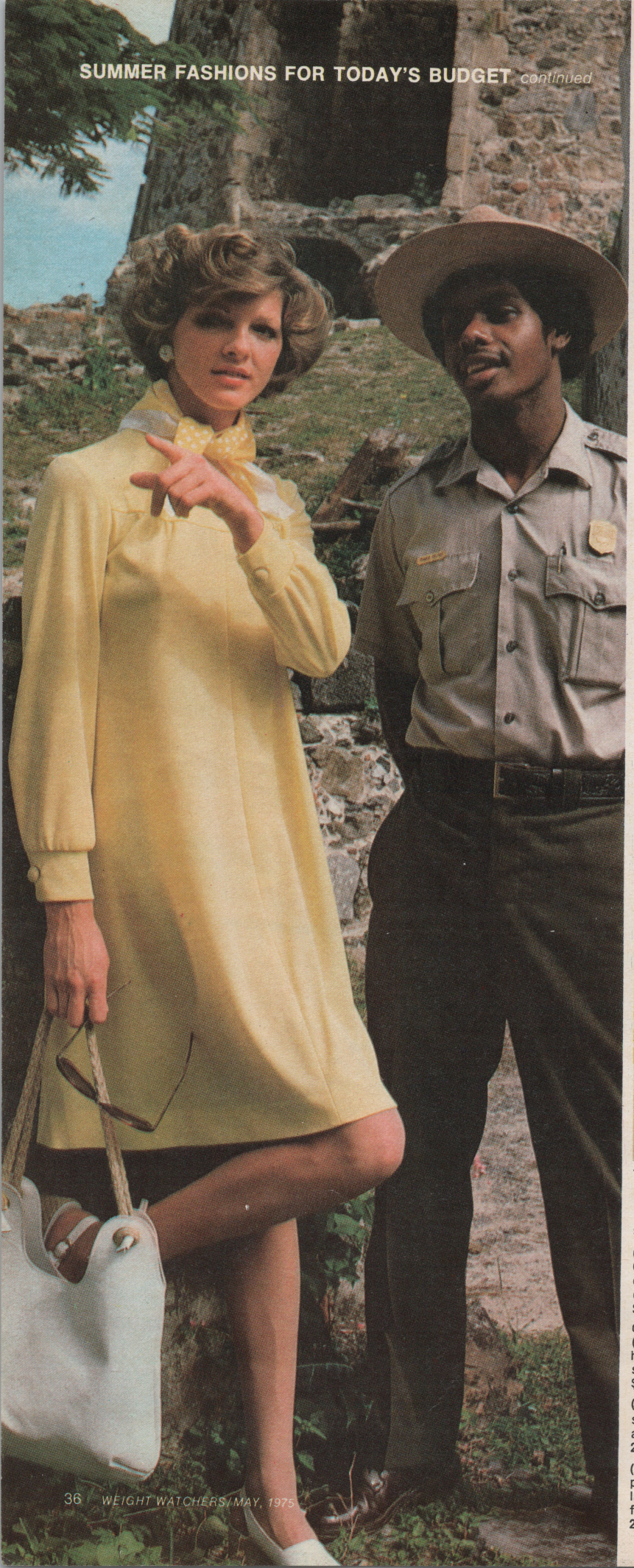
It's definitely a great vacation spot: idyllic beaches, clean clear-through water, nightlife when you want it, hotels of all descriptions and sizes. It's also got the best duty-free shopping this side of your wallet (and a special tax-free allowance) . . . yet, you never have to leave home. Give up? It's the United States Virgin Islands . . . three volcanic outcroppings of the U.S.A. that have a very special mystique.

Alike in their good weather (some of the best in the Caribbean) and friendly populations, the islands are really quite different from one another. St. Thomas, with its charming town of Charlotte Amalie, is by far the busiest. The nightlife can keep you on the move till dawn, and the duty-free shops will keep you on the move for days. St. John is the quietest . . . with two-thirds of the island set aside as a National Park. Here's where you'll find spectacular underwater sights as you explore the trail beneath the sea at Trunk Bay. St. Croix mixes the best of her sister islands and comes up with places to shop, places for getting away from everything, spectacular scenery, and an understanding of her heritage (note the gently curving arches and pastel coloring of the Danish architecture in Christiansted and Fredericksted).

Whichever island you choose, it'll be a lovely time — no language barrier, friendly people to show you where it's all at . . . and just remember to drive on the left.

Something else you never have to leave home for are these young in-design large- and half-size fashions—all available from Sears (see page 63).

on-location photography by John Krug



THIS PAGE:
(Left) U.S. Park Service Ranger Francis Pelteir guides us through the ruins of Annaberg, an old sugar plantation on St. John. For sightseeing in total comfort, this tent dress with high neckline and long, cuffed sleeves. Sizes 16½-24½; $26. Catalog #7314. Handbag/Baron.

(Above) Our choice for the perfect hotel on St. Thomas, Bluebeard's Castle. Perched high on a hill overlooking Charlotte Amalie, the hotel offers all the services to make your stay a pleasant one. For a special evening in St. Thomas, a long length of polka dots accented with ruffles. Sizes 16½-26½; $20. Catalog #6411.

OPPOSITE PAGE:
(Left) Originally the home of the Danish administrator, now the official home of the Governor — Government House in Christiansted. Lots of skirt to move with you in this long-sleeved knit dress. Sizes 12½-24½; $32. Catalog #7731.

(Top right) Daisy, the Yorkshire terrier, is a transplanted Londoner, and she likes the sunshine here a lot. Very likable, too, is this polyester and cotton flowered dress with full skirt and short sleeves. Sizes 14½-24½; $9.88. Catalog #3746.

(Below) While you're doing your shopping in Charlotte Amalie, pick up a paper to check on what's doing on the island. For shopping (and dining later in the evening), a dress and jacket in the palest lilac — part of a four-piece wardrober that also includes a skirt and pants. Sizes 16½-24½; $42. Catalog #7323.

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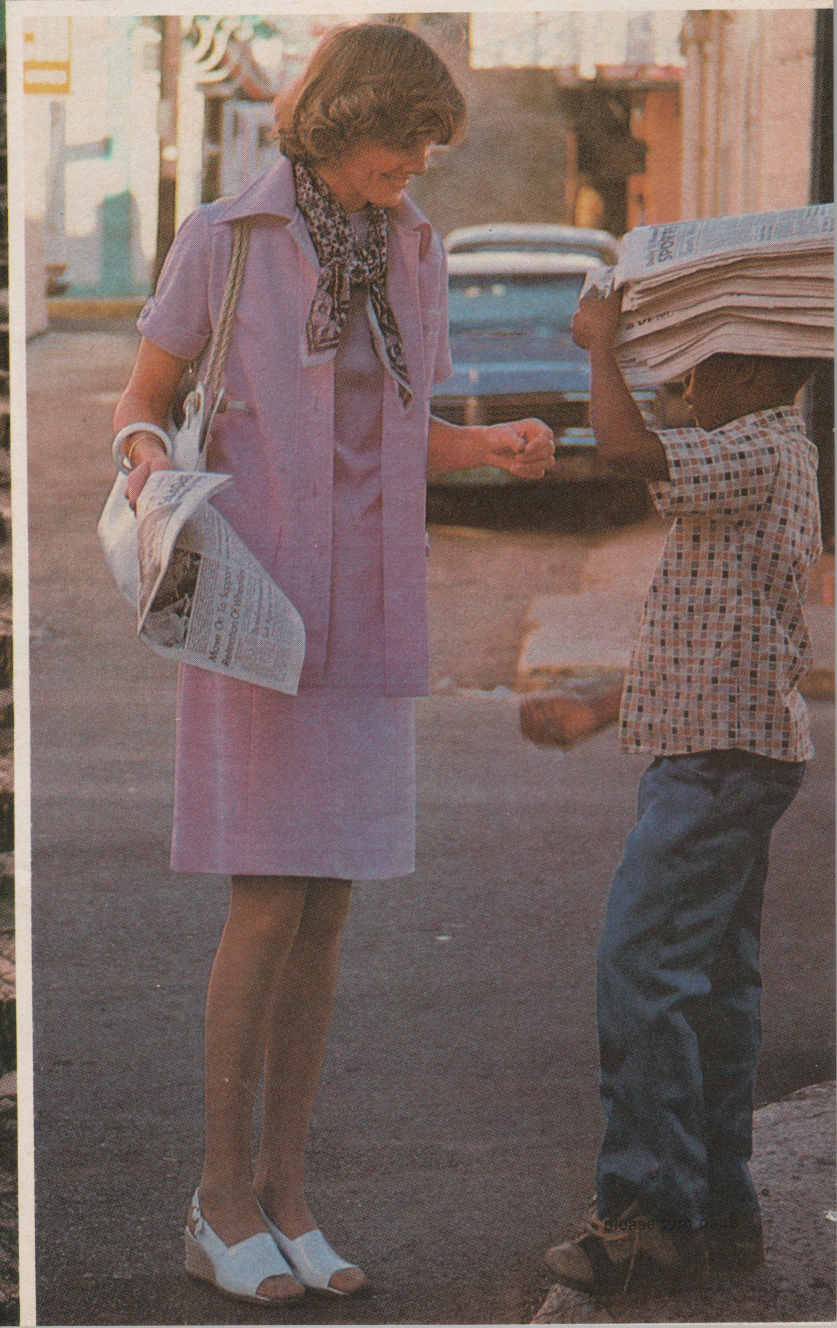

THIS PAGE:
(Above) We liked this elegant dressmaker suit and matching cover-up by Gabar so much, we decided to include it in our special mail order section. Shirt and suit of fast drying polyester, with the look of silk. Suit: sizes 36-44; about $40. Cover-up: sizes S, M, L, X-L; about $35. See page 63 for availability.

(Top left) Too much can never be said about the colors of the Caribbean waters. This stretch of glistening turquoise is to be found on St. John. Swim now, play tennis later in Sears's white flip-skirted suit with detachable pants. Sizes 42-46; $19. Catalog #8127.

(Bottom left) The U.S. Virgin Islands are a favorite rendezvous for serious sailors and you'll see bigger and better boats than in most other ports. Bright blue and white — the colors of the sea — for this tulip-printed tailored shirt and coordinated pull-on pants. Shirt: sizes 16½-24½; $13. Catalog #7970. Pants: sizes 38-44; $15.70. Catalog #1672.

OPPOSITE PAGE:
(Left) At the St. Croix by the Sea Hotel, you'll find more than enough tennis courts — which means you can spend your time playing rather than waiting. Pro Henri Provoteaux is there to improve your game. Play to win in a white tunic shirt and shorts to match. Shirt: sizes 38-44; $8. Catalog #3479. Shorts: sizes 38-44; $6.99. Catalog #5458.

(Right) That's Charlotte Amalie across the bay . . . and some of the boats you can hire for exploring the coves and inlets of the islands. More evening finery: a simply cut, long-sleeved T-shirt top and flowing skirt. Sizes 14½-24½; $23. Catalog #6445. □

for shopping information, see page 63

YOUR VACATION MONEY/ HOW TO HANDLE

by Leigh Infield and Anne Needham

Well, that happy resolution made in the gray chill of January is coming true . . . you're going to spend May in Paris . . . or summer on the Black Sea . . . or autumn exploring old London. . . . There's a nifty wardrobe to pack and guidebooks to buy, and with a head full of sumptuous and glamorous plans, it's easy to forget a bread-and-butter issue which can make the difference between the vacation of a lifetime or a trip so bogged down in unnecessary frustration that there is no enjoyment. The issue that makes the difference is money and how you handle it.

Here is a profile of a merely semi-sad experience: They were in love with each other and in love with the romance of their first trip abroad. They had planned their wardrobes, their itinerary, and had pockets full of cash and traveler's checks — American, U.S.-dollar traveler's checks. At the end of the long air trip, they found themselves in a snaking queue of at least 60 people . . . *all* waving American money at the harried airport exchange clerk. As the line inched forward, the couple began to feel flustered: How much money would they need to exchange for the first leg of their journey? Would prices in Paris be higher than they expected? Furthermore, they had no idea what those unfamiliar pieces of paper they finally received were really worth.

They helplessly turned all their newly exchanged French money over to the taxi driver who took them to their hotel, trusting him to select the amount of the fare from their wallet. To this day, they will never know whether they paid 50 dollars or five for the cab ride. Tired and hungry, they tried to cope with tips at their modest hotel (this was a budget vacation) and discovered that they had exchanged too little money for even a good meal . . . and the banks were closed. The manager of the hotel reluctantly exchanged a small amount for them, but were they getting a fair exchange rate? Not only didn't they have any way of knowing, but at that moment they were simply too hungry and embarrassed to care. Well, being young and in love, they pulled themselves together and really did enjoy their stay in Paris, although fumbling with money was a persistent annoyance.

They thought London would be easier. After all, with a week in Paris under their belts, they were experienced travelers, *n'est-ce-pas?* But, somewhere between Paris and London, the American dollar had been devalued — shopkeepers wanted no part of their suspicious greenbacks. "Well, it was a great trip," they said, "but next time we'll do it better." And they vowed to plan their money needs as carefully as they planned their wardrobes.

Money is the staple item for anyone's trip abroad. This couple had enough money with them, but they hadn't counted on long lines, sudden weekend needs, or the sudden fluctuation in the value of the U.S. dollar. As a result, although they met with no real disasters (some tales are hair-raisers), their "perfect" vacation is remembered as having been somewhat flawed.

A vacation must be planned so you don't get shortchanged when you go for a change of scene. A little homework will help you feel competent and sure of yourself, an absolute necessity for a pleasant time. We consulted Nicholas Deak, president of the Deak Perera Group, the oldest and largest foreign money exchange firm in the Western hemisphere, for a few tips on how to feel at home with foreign currencies and manage your dollar abroad. These are his suggestions:

- Since the dollar is no longer backed by gold, it's become less desirable worldwide. This weakness can lead to sudden fluctuations of the dollar's value in foreign currencies, which may result in unfavorable exchange rates when the traveler goes to exchange her U.S. currency. The smart traveler arrives at her destination abroad with foreign currency of the countries in which she plans to visit, preferably in the form of *foreign* traveler's checks. You're going to need pocket money, too. There are expenses for telephones, cabs, tips and perhaps a meal or two, even if your lodging and food bill is already taken care of. Our young couple would have done well to take along foreign currency Pre-Packs for immediate expenses. The Pre-Packs contain a chart showing actual bank notes, their equivalent in U.S. dollars, and tipping suggestions, and you'll find it worthwhile to take time on the plane to study these to become more familiar with the currency. The unused traveler's checks can be converted upon your return.
- If you're going to do a lot of country hopping and don't want to be burdened with many different currencies, the best bet is to take traveler's checks in a strong currency: the Swiss franc, German mark, or Dutch guilder. These are relatively stable currencies less apt to be affected by fluctuations as are weaker currencies such as the U.S. dollar.
- Many travel agents protect their clients from exchange rate fluctuations

IT PROPERLY

by paying expenses such as hotels, busses, or tours in advance.

In our own travels, we have found the following advice helpful in keeping "currency blood pressure" down and stretching dollars abroad:

● Remember! It is going to cost you *each time* you have to change your U.S. dollars or checks into foreign currency, so cash as much at one time, preferably before you leave home, as you'll need for each leg of your trip. Make sure that you plan each Friday for your weekend needs. If you try to exchange your dollars at a hotel, restaurant or shop, you'll most likely get a poor rate of exchange (particularly in times of monetary uncertainty) — if they agree to exchange your money at all. In fairness, the small entrepreneur's reluctance stems from uncertainty, since no one knows what rates of exchange will be in effect on Monday morning. Change your money only on weekdays, when the major banks and licensed money exchange offices are open. Only they can guarantee the best and most up-to-date rate of exchange.

● Since inflation has caused prices for lodging, food and other items to soar in many European industrial nations, the budget-minded traveler might look into visiting countries where the living costs are lower. These countries, such as Mexico, Turkey, and most countries in Central and South America, still seek out U.S. dollars to bolster their economies. You might consider Eastern Europe instead of the England-France-Italy route. Also, more and more people (and not just the very young) are staying at hostels or small country inns that are much less expensive than their city counterparts. You will find that cities are usually accessible by bus or rail.

● If you are free to travel anytime during the year, make it a point to check out the wide differences in off-season and almost-off-season rates (called *shoulder seasons).* You'll save about 100 dollars in air fare traveling during the shoulder seasons of April, May, September or October — and another 50 dollars on top of that if you travel in the winter off-season. (Of course, your destination is the determining factor for off-season and shoulder-season rates.)

● Have you lost your money, or simply run out? That's another contingency to take care of before you leave home. Make sure your bank has a foreign office and can send you cash from your account in foreign currency. If another person is wiring you money, specify that he use a bank with an office in the foreign country. Incidentally, a letter of credit from your bank is a handy insurance policy to have with you. Do keep your traveler's check record book separate from the checks themselves; in case of loss or theft, that record is very important. □

For a list of recommended exchange houses abroad plus the names of places to purchase foreign traveler's checks and pre-packaged currency, write to: The Deak Perera Group, Inc., Dept. W, 763 U.N. Plaza, New York, N.Y. 10006. Telephone (212) 425-6789.

TRAVEL TIPS

ANTI-HIJACKING MEASURES: Don't lock your hand baggage and do keep travel documents on your person. Because of strict anti-hijacking measures, you will be required to have your bags examined at airports throughout the world and to produce your passport and tickets repeatedly. And don't be surprised if your person is frisked.

BILL PAYING: Scrutinize your restaurant bills carefully. Frequently the tip (a "service charge" of 10 or 15 per cent) is built-in. Calculate any additional tipping only on the basis of superior service. And watch how Europeans handle their bills.

CHARTERS: Bargains are tempting, but air travel bargains such as charters can lead to disappointment. Before committing yourself with a deposit, investigate carefully. For authoritative advice, contact the American Society of Travel Agents (ASTA) in New York.

DRIVING: Be especially careful when driving on European highways. Some drivers may bring vivid memories of the Indianapolis 500. And remember, there are no speed limits on the German superhighways (*Autobahns*).

DUTY-FREE SHOPS: Keep U.S. prices in mind when shopping at duty-free shops at airports. Due to inflation, some of the prices may be just as high as in this country.

PASSPORT: If you're planning to travel sometime in the future and haven't got a passport, apply right now. You'll avoid the anxiety of having to wait for your passport, hoping it will arrive before your scheduled departure.

SUBWAYS: If you are a New Yorker, do try the Paris, London, Rome, Hamburg, Stockholm and Milan subways for pleasant relief: no graffiti.

THE WILD AND THE WOOLLY: If you think the night life of New York, San Francisco and Los Angeles is "permissive," have your eyes opened by Copenhagen, Hamburg or Amsterdam.

— HOWARD APTER

BACK TO SCHOOL ...AGAIN?

A Look at Who's Doing It – How and Why

by Jeanne Westin

photography by wayne s. rooman

Dust off your saddle shoes and dig out your old loose-leaf notebook. Chances are, if you're an over-35 female, you'll be back in school this fall — or at least 13 million of you will.

Why are wives and mothers taking on anthropology, calculus and business management? Because they've decided to get those diplomas they missed as youngsters, to learn new job skills, or to sharpen rusty minds. Women's Lib helped spark the trend. The resultant changes in social attitudes have brought more acceptance of the career- and education-oriented woman. Then, too, labor-saving appliances have created increased leisure time for housewives.

> REENTRY WOMEN REPORT A "SHOCK WAVE" WHEN THEY FIRST FACE THEIR FELLOW CLASSMATES.

According to the U.S. Labor Department, adult women are flocking to the campus to find "deeper personal enrichment" through additional education.

"I'm anxious to change my life," agrees one mature student. "I want to catch up intellectually with my husband." Another says she wants to learn skills for a well-paying job. "That way, I'll never be a burden to my children."

Over 700 colleges and universities accept older students. And about half these institutions make special concessions for so-called "reentry" women with classes at more convenient hours, accelerated courses, child care and career counseling — some even give financial assistance to full-time returnees.

Reentry women report a "shock wave" when they first face their fellow classmates. One mom says she almost turned her car around when she saw all the kids in the school parking lot. "I imagined those youngsters would think I was Mother Time," she laughed. A 39-year-old freshman feared she would be treated with exaggerated courtesy — like a class pet.

> MUCH REENTRY ANXIETY IS BASED ON FEELINGS OF INADEQUACY [BUT] THE TRUTH IS, OLDER WOMEN DO WELL IN COLLEGE.

But older students who stick it out soon lose this Rip Van Winkle complex. "Many students are young enough to be my own children," says a mother of five, "but they accept me anyway. When they're absent, they borrow my notes. When I'm absent, I borrow theirs. We share the pain of tests and the thrill of good grades."

Much reentry anxiety is based on feelings of inadequacy. Dorothy Bryant, an English instructor at Contra Costa College in San Pablo, Calif., says, "In the beginning, they're frightened at being in competition with bright, young students. What they don't realize is that they've been learning all those years they were out of school."

> "THERE ARE TIMES WHEN YOUR HUSBAND WILL TELL YOU, 'I WISH YOU'D QUIT GOING TO SCHOOL.' BUT IF YOU REALIZE THIS IS BOUND TO HAPPEN, IT ISN'T SO HARD TO TAKE."

Another professor relates the story of a middle-aged student who burst into tears on being handed back the best grade in the class. "She was so relieved to discover that she still 'had it.' "

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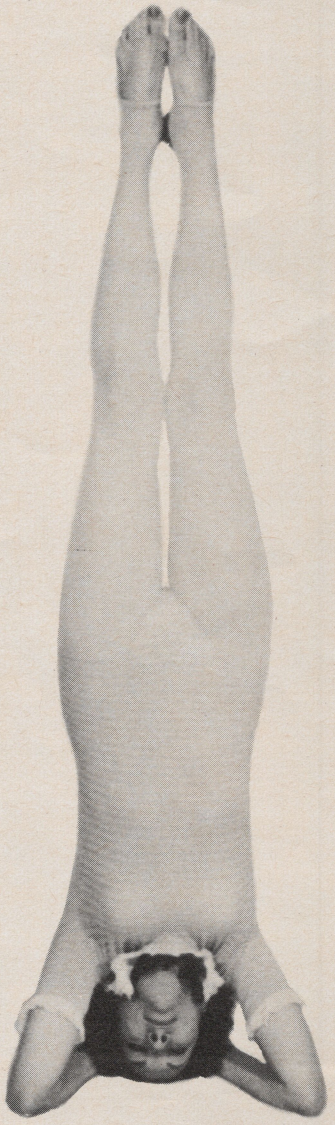
(*Left*) Doris Martin once weighed 160. "If you want to be an actress," her mother used to ask, "how can you eat so much?"

(*Above*) The new Doris Martin, actress, weighs 130 . . . and proves (*right*) the point of her slimness with yoga exercises



FROM TEXAS TO HOLLY

I have been told (in both story and song) that "It Never Rains in California," but here I am at the tony

WOOD...IN 30 POUNDS

(That's Doris Martin, TV "Spiel-person")

by Matty Simmons

Polo Lounge of the even tonier Beverly Hills Hotel and it's raining outside. Tony Curtis sits in one corner of the room munching on a croissant and talking, one presumes, about some upcoming movie. (He's tony, too, in an almost

continued on page 58

DORIS MARTIN'S FAVORITE "LEGAL" RECIPES

TWO-BEAN SALAD

- 1 tablespoon parsley flakes
- 4 tablespoons dehydrated onion flakes
- ½ teaspoon garlic salt
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- ½ cup water
- ½ cup wine vinegar
- artificial sweetener to equal 8 teaspoons sugar
- 1 teaspoon "legal" salad dressing mix
- 2 cups drained canned green beans
- 2 cups drained canned wax beans
- 1½ cups sliced celery
- 1 medium green pepper, chopped
- 1 4-ounce jar pimientos, chopped
- Lettuce leaves

Combine parsley flakes, onion flakes, garlic salt, salt, pepper, water, wine vinegar, artificial sweetener and salad dressing mix. In deep bowl combine green beans, wax beans, celery, green pepper and pimientos. Pour vinegar-seasoning mixture over vegetables. Toss lightly until well mixed. Refrigerate at least 24 hours. Serve on lettuce leaves. Makes 3 servings.

"TORTONI"

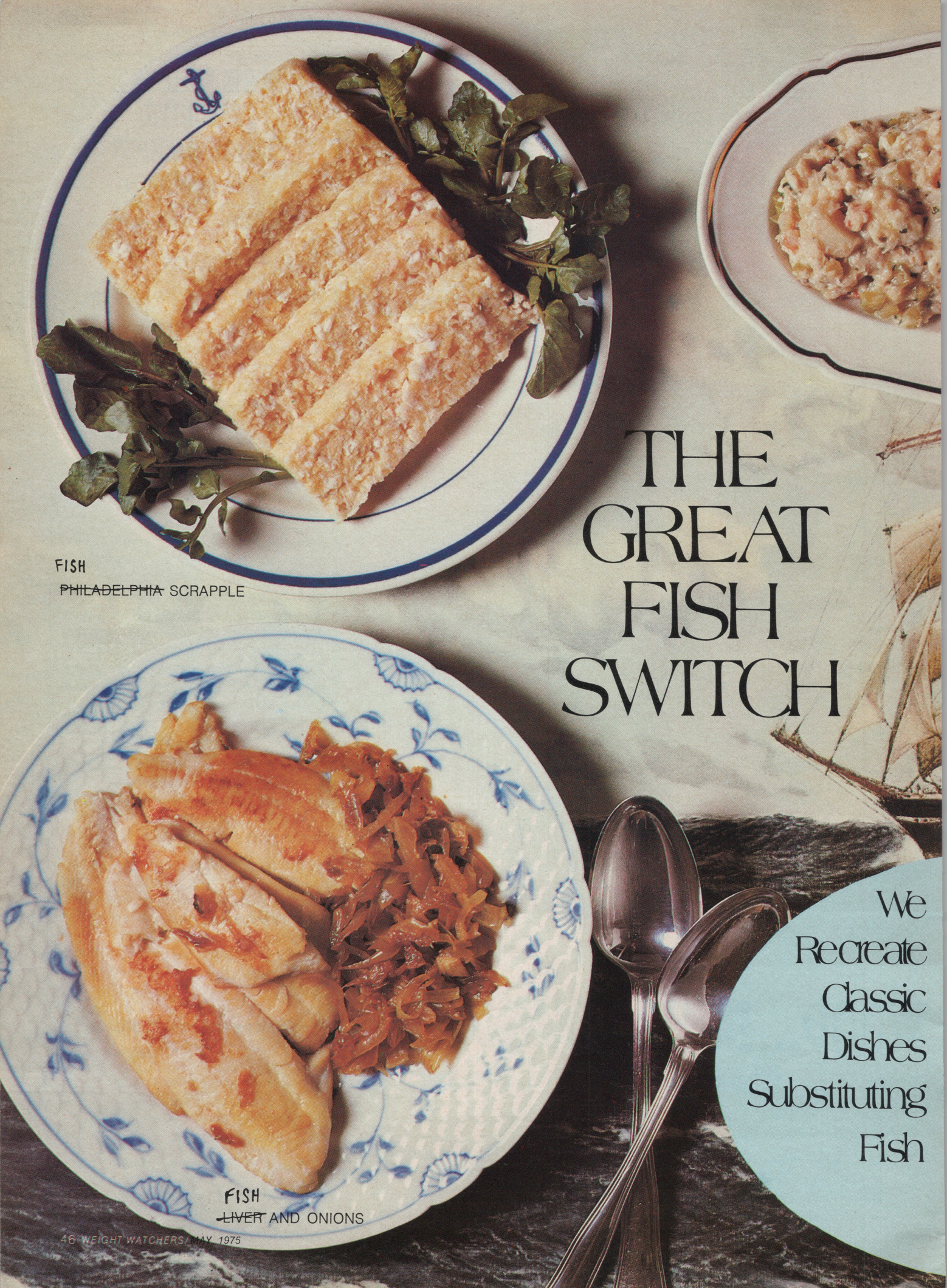
- 1 cup non-fat dry milk
- 1 cup ice water
- artificial sweetener to equal 16 teaspoons sugar
- 1 teaspoon almond extract

In bowl combine non-fat dry milk and water. Beat at high speed of electric mixer until mixture stands in soft peaks. Gradually beat in artificial sweetener and almond extract. Spoon mixture equally into paper baking cups. Set in muffin pans. Freeze until firm. Makes 3 servings.

STRAWBERRY "CHEESECAKE" IN A BOWL

- ⅔ cup ricotta cheese
- artificial sweetener to equal 8 teaspoons sugar
- ½ cup fresh strawberries, cut up
- 1½ teaspoons vanilla

Combine all ingredients. Makes 1 serving. □


FISH
~~PHILADELPHIA~~ SCRAPPLE
THE GREAT FISH SWITCH
We Recreate Classic Dishes Substituting Fish
FISH
~~LIVER~~ AND ONIONS

We have five brand-new classic dishes for your cooking and eating pleasure. Our "new classics" were created simply by substituting fish where the original recipe called for meat. The results are fantastic . . . an array of new ideas to add excitement to your menus and help you sparkle as a hostess.

Fish Scrapple is especially noteworthy. It can be prepared several days in advance and stored (tightly covered) in the refrigerator. It makes a delicately seasoned dish that everyone seems to like, and it's an unusual way to combine cornmeal and fish. We feel certain you'll enjoy serving it.

When you want to present a dramatic main course to guests, we recommend **Fish Steak Dianne**. It looks good, tastes good and, best of all, it's quick and easy to prepare.

Who says it's impossible to improve upon recipe classics? Please vary them according to your own personal taste.

photography by erik falkensteen

recipes on following page

THE GREAT FISH SWITCH

continued

FISH
~~LIVER~~ AND ONIONS
(AS SHOWN)

8 ounces onions, sliced
½ cup beef bouillon
12 ounces fish fillets
½ teaspoon paprika
¾ teaspoon imitation bacon-flavored salt
⅛ teaspoon garlic powder
⅛ teaspoon pepper
⅛ teaspoon salt

In skillet cook onions in bouillon over low heat 10 minutes or until onions are lightly browned and just tender. Remove to plate with slotted spoon; keep warm over boiling water or in warm oven. Add fish to pan. Simmer 8 minutes or until fish is lightly browned and flakes easily with fork. Turn once during simmering. Sprinkle fish with paprika, bacon-flavored salt and garlic powder. Sprinkle onions with pepper and salt. Serve ½ of onions with each portion of fish. Makes 2 servings.

FISH
~~PHILADELPHIA~~ SCRAPPLE
(AS SHOWN)

4 cups water
1½ teaspoons salt
1½ tablespoons dehydrated minced onion flakes
1 bay leaf
1 packet chicken broth or golden seasoning and broth mix, or 1 chicken bouillon cube
pinch garlic powder
12 ounces fish fillets
2 cups poaching liquid
2 ounces enriched yellow cornmeal
½ cup cold water
1 teaspoon onion powder
½ teaspoon thyme leaves
Dash nutmeg
Dash cayenne pepper
Watercress sprigs (to garnish)

In large skillet combine water, 1 teaspoon of salt, onion flakes, bay leaf, chicken broth mix and garlic powder. Bring to a boil; reduce heat. Add fish one piece at a time. Simmer 6 minutes or until fish flakes easily with fork. Remove fish to bowl with slotted spatula. Pour 2 cups of poaching liquid into top of double boiler. Cover. Simmer over boiling water in bottom of double boiler.

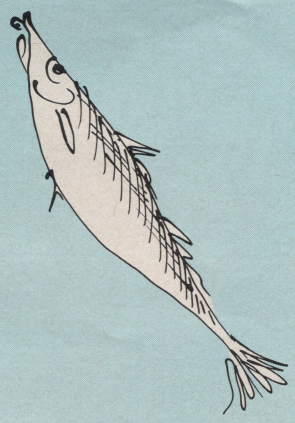
Combine cornmeal, cold water and ½ teaspoon of salt; mix well. Bring liquid in top of double boiler to a boil over direct heat. Stir in cornmeal mixture. Cook covered over boiling water 15 minutes.

Meanwhile, flake fish. Add to cornmeal mixture. Add onion powder, thyme, nutmeg and cayenne pepper; mix well. Spoon mixture in an even layer into loaf pan. Refrigerate at least 2 hours. Loosen scrapple from sides of pan with spatula. Turn out onto cutting board. Slice thinly. Arrange slices on serving plate. Garnish with watercress. Makes 2 servings.

FISH
~~BEEF~~ HASH
(AS SHOWN)

1 cup diced celery
¾ cup onion bouillon
1½ teaspoons minced parsley
¼ teaspoon salt
2 teaspoons dehydrated vegetable flakes
6 ounces cooked potatoes (about 2 medium), diced
½ cup cooked cauliflower
⅛ teaspoon imitation butter flavoring
dash white pepper
12 ounces cooked fish, diced

In skillet cook celery in ¼ cup of bouillon over low heat 5 minutes or until celery is just tender. Add parsley, salt, vegetable flakes and potatoes. Stir lightly until well mixed. In blender combine remaining bouillon, cauliflower, imitation butter flavoring and white pepper. Run at medium speed 30 seconds or until mixture is smooth. Add to vegetables in pan. Stir lightly until well mixed. Add fish. Cook over low heat stirring frequently 5 minutes or until mixture is heated throughout and well mixed. Makes 2 servings.



FISH

STEAK DIANNE
(AS SHOWN)

3 10-ounce bass, cod or halibut steaks
1 teaspoon salt
½ teaspoon pepper
½ cup onion bouillon
1½ teaspoons brandy extract
⅓ cup "legal" catsup*
1½ teaspoons prepared mustard
½ cup wine vinegar
⅓ cup minced parsley
Lemon slices (to garnish)

Sprinkle fish with salt and pepper. In skillet cook fish in bouillon over moderate heat 2 minutes or until lightly browned. Turn; cook an additional 2 minutes or until lightly browned on other side. Combine brandy extract, "legal" catsup, mustard and wine vinegar; mix well. Add to liquid in pan. Add parsley. Simmer 4 minutes or until fish flakes easily with fork. Turn once during simmering. Serve garnished with lemon slices. Makes 3 servings.

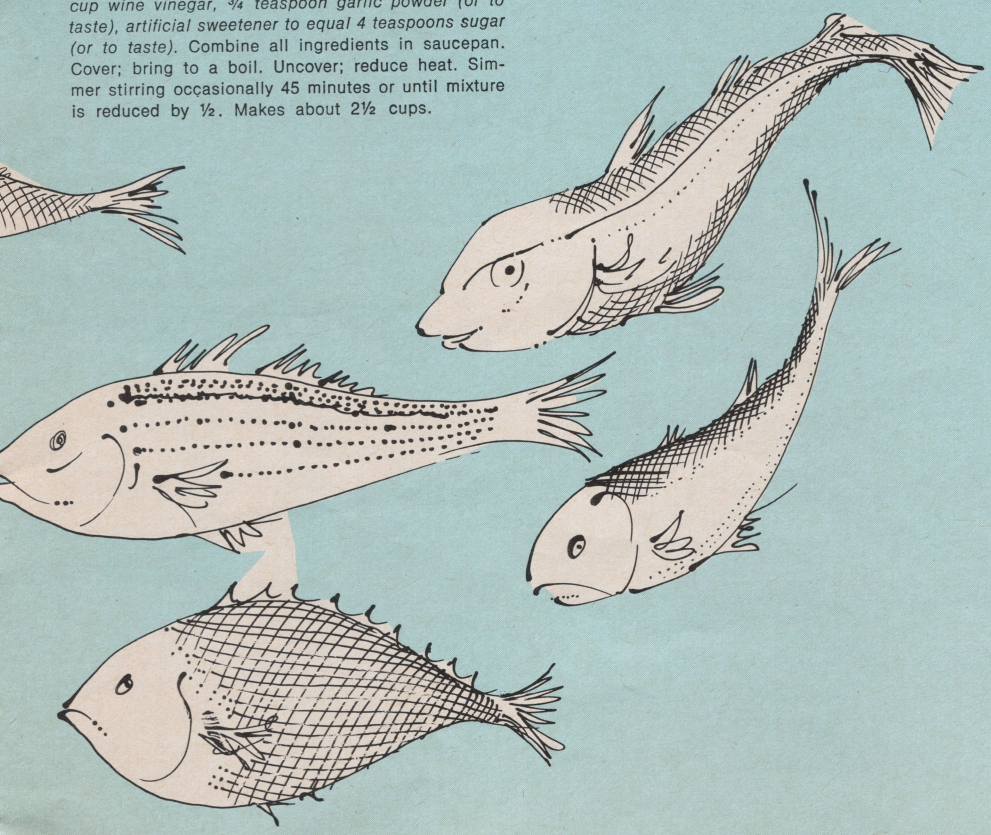
***"Legal" Catsup:** 1 46-ounce can tomato juice, ½ cup wine vinegar, ¾ teaspoon garlic powder (or to taste), artificial sweetener to equal 4 teaspoons sugar (or to taste).* Combine all ingredients in saucepan. Cover; bring to a boil. Uncover; reduce heat. Simmer stirring occasionally 45 minutes or until mixture is reduced by ½. Makes about 2½ cups.

FISH

~~VEAL~~ CORDON BLEU
(AS SHOWN)

½ teaspoon imitation bacon-flavored salt
¼ teaspoon pepper
4 3-ounce fish fillets (or pieces of fillets)
4 1-ounce slices cheddar cheese
¾ cup water
2 slices enriched white bread, crumbed
Parsley sprigs (to garnish)

Rub salt and pepper into fish. Cut each fillet in half. Place 1 slice of cheese on each of 4 pieces of fish. Top each portion with remaining pieces of fish. Fasten edges together with toothpicks. Dip each portion in water, then in crumbs. Place in baking dish. Sprinkle any remaining crumbs over fish in pan. Bake at 375° F. (moderate oven) 20 minutes or until fish flakes easily with fork. Makes 4 servings.



SCENT-UOUSLY SPEAKING

What's your *favorite* fragrance? Are you turned on by the smell of clothes that have dried in the sun? By fresh paint? An outdoor barbecue? Scent is a very important part of our lives and usually makes us aware of what's going on around us . . . Or it can stir up a long forgotten memory, make us feel lighthearted, romantic . . .

Commercial preparations (colognes, eaux de toilette, perfumes) generally fall into five types: spices, fruits, florals, woods and orientals. Orientals usually contain sandalwood or amber and are considered "heavy" (i.e., sensuous). The others are much lighter and generally smell just as their names would lead you to believe.

Now science has even begun to recreate nature — want to smell like an apple? Max Factor offers "Green Apple" in every form from cologne spray to a pomander (to freshen closets) . . . and it's crisp, clean, delicious. A new floral that you *know* contains bouquets and bouquets of beautiful blooms is Coty's line of "Sweet Earth" fragrances — 11 individual scents named for the flowers they represent.

Fragrances come in almost any form imaginable from powders to sachets to creams. As a rule of thumb, perfumes are most expensive. They are the most concentrated form, therefore the longest lasting. Eaux de toilette are next in strength — great to use with a lavish hand. Finally, there are the colognes . . . lightest in concentration and having the shortest life.

There is a definite language in the world of fragrance. Some phrases you might want to know are:

- topnote — the dominant note that appears first
- fixative — a substance that binds the ingredients to keep them stable and harmonious
- essential oils — the base that lends the fragrance
- modern blends — "untraditional" mixtures of essences

Choosing a new fragrance is no easy task. It should be done slowly and carefully, since your body chemistry changes all fragrances. So take your time (at least 15 minutes) before deciding. Dab a generous amount on your inner wrist . . . let dry, then smell. Don't try more than three different scents at any one time — the average human nose is not equipped to cope with differentiating among more than three.

Generally, your initial reaction to a fragrance will let you know if it's for you. Floral blends are easiest for most people to wear since they are very light and fresh smelling. To be tried is Tuvache's "Laughter," a mix of flowers touched with rare spices. Another floral, "A Rose is a Rose is a Rose" by Houbigant — classically romantic. In the herbal family, you might enjoy Prince Matchabelli's "Golden Autumn."

For the sensuous woman in all of us, Germaine Monteil introduces "Bakir," a blend of herbs, florals, grasses and precious oils. This is a "warm," modern scent . . . evocative and sophisticated. And for the woman who prefers "designer" creations, Halston has emerged with a new light Oriental that bears his own name. The power of fragrance is released by heat . . . so remember to put some on your "pulse spots" where it will be diffused most easily (at the wrist, inside the elbow, at the base of the neck, behind your knees). The same heat principle holds true everywhere. However, if you want to introduce a fragrance into the air of a room, putting perfume directly on a light bulb, as is often suggested, may cause the light bulb to explode. Instead, Lubin says, put a few drops of

"L de Lubin" on a piece of asbestos and put *that* against the bulb. Better yet, use a perfumery lamp.

We asked some celebrities what *their* favorite fragrances are. As you can see, their responses — and preferences — were as diversified as their talents.

Adrienne Barbeau (co-star of television's *Maude*) — " 'Patchouli' by Shelley Marks."

Victor Borge — "Yeast (not the least!)"

photography by jim hadley

please turn page

Rodney Dangerfield (the "I don't get no respect" comedian) — "I love the smell of fresh lemon . . . served with food or even as a shaving cream or after-shave or as a woman's perfume."

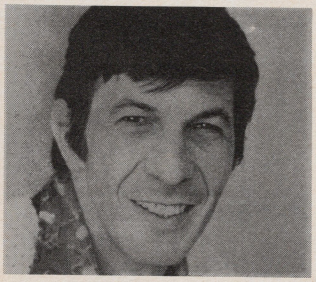
Chad Everett (star of television's *Medical Center*) — "My wife's fragrance turns me on."

Tennessee Ernie Ford (country singer and entertainer) — "There is nothing to compare with the fresh smell of a country morning. Having grown up in a rural area, I can still smell all those country odors wafting through the air. The early morning dew, the freshly cut hay and grass, the newly baked bread loaf, the animals, the smoking of fresh ham."

Elton John (superstar rock singer) — "Champagne."

Anne Meara (comedienne) — "I like lemons, lilacs, and lily of the valley. Cigar smoke was the first pleasant odor I remember as a kid and I married Jerry because he smoked cigars."

Lee Meriwether (co-star of television's *Barnaby Jones* and a former Miss America) — "An aroma of freshly baked bread. I go out of my way to drive by two bakeries where I find that wonderful smell. Early in the morning when the bread is first baked is the best time, I have discovered. I guess that aroma takes me back to my childhood in San Francisco. It reminds me of good times and a feeling of security I had then."



Leonard Nimoy (co-star of television's *Star Trek*) — "It may seem strange, but the smell of the photo lab is one that I thoroughly enjoy. When I first started working in a lab, I couldn't stand the smell of the chemicals. But through the years I've come to feel very relaxed and at ease working there, and when I do smell the chemicals, I associate that with something I enjoy doing, and the feeling is good."

Olivia Newton-John (British rock singer) — " 'Sandalwood.' "

Maggie Smith (actress, presently in Broadway's *Private Lives*) — " 'Rive Gauche' and any Estée Lauder scent."

Loretta Swit (co-star of television's *M.A.S.H.*) — "To me, the most wonderful fragrance in the world is the smell of an open fire. It's something that stems from my childhood. I can remember the fireplace and the burning pine from my earliest times. And, added to that beginning, are intermittent memories of campfires, winter cabin fires and the present home fire in my house in the Hollywood Hills."

Barbara Walters (anchorwoman) — "I like 'Muguet des Bois' (which is old-fashioned lily of the valley) for the summer or for evenings at home. It is light and feminine and it also doesn't cost a bloody fortune. For more 'serious' scents, I have used over the years 'Ma Griffe,' 'Replique,' and am currently using 'Calandre" by Paco Rabanne."

Gary Crosby (actor) — "My wife's cooking — *anything* Barbara cooks, especially her Italian food. I can't eat it, so I enjoy smelling it!" □

BACK TO SCHOOL . . . *AGAIN?*

continued from page 43

One bright and witty woman summed it up in an article she wrote after she had started her B.A. at 53. She entitled this article "I'm Afraid of Virginia Woolf."

The truth is, older women do well in college. Where grades are given, college officials say the returning women often surpass their teen-age counterparts. For example, in St. Louis, 81 per cent of the women in George Washington University's continuation program earned either As or Bs last year.

And they're surprisingly eager to learn. Dr. Cecilia Zissis, director of Purdue's Span Plan Program for Women, observed: "If you tell a young freshman to read 20 books, she'll read five or six and coast. Our returning women will read them all."

Do these eager beavers alienate their younger classmates? "No way," says a 19-year-old sophomore. "Who cares how well they do or how old they are? That's not what counts."

But long before any matriculating mother graduates magna cum laude, she must gain full family support. "Don't think for a moment that everything is settled," says one University of Michigan student, "even when your family is enthusiastic in the beginning.

"There are times when your husband will tell you, 'I wish you'd quit going to school.' But if you realize this is bound to happen, it isn't so hard to take.

"And even though your husband may not always be interested in everything you're doing, he may eventually admit to the advantages of your adding more dimension to your life and preparing yourself to earn a living, should that need arise."

As to her influence on her children's lives, another student adds, "We study together, and they're proud when I do well. And besides, this is a good way to show them that both parents have a right to their inner creative selves."

Many housewife-students admit they couldn't possibly do it if their families weren't behind them. Generally, husbands are cautious when faced with a wife who wants to devote a large part of her life to activities outside the family. "I don't blame my husband for being skeptical," says Betty V., "but as my work progressed, he became downright proud of me." Married at 19, returning to school 13 years later, Betty earned her bachelor's degree, and is now working on her M.A. with an eye on a teaching career.

NOT JUST HOUSEWIVES ARE RETURNING TO COLLEGE — THERE ARE WORKING WOMEN WHOSE SKILLS HAVE BECOME OUTDATED BY TECHNOLOGY, AND THOSE WHO WANT TO SWITCH TO BETTER CAREERS.

Carol A., a 36-year-old wife and mother of four children, ages 11 to 15, says that her children resented the loss of her attention at first. "It was awfully rough when I started," she admits. "I served my family a lot of convenience foods and during finals, I sank as low as TV dinners, but now my oldest fixes meals.

"I've been inclined to grumble about having to study. One day, my daughter surprised me when she asked why I didn't quit. I told her that I really liked going to school. 'Oh, well,' she said, 'that makes all the difference in the world.' "

Marjory W. decided to go back to school in her late 30's after she asked herself, "What will I be doing 10 years from now?"

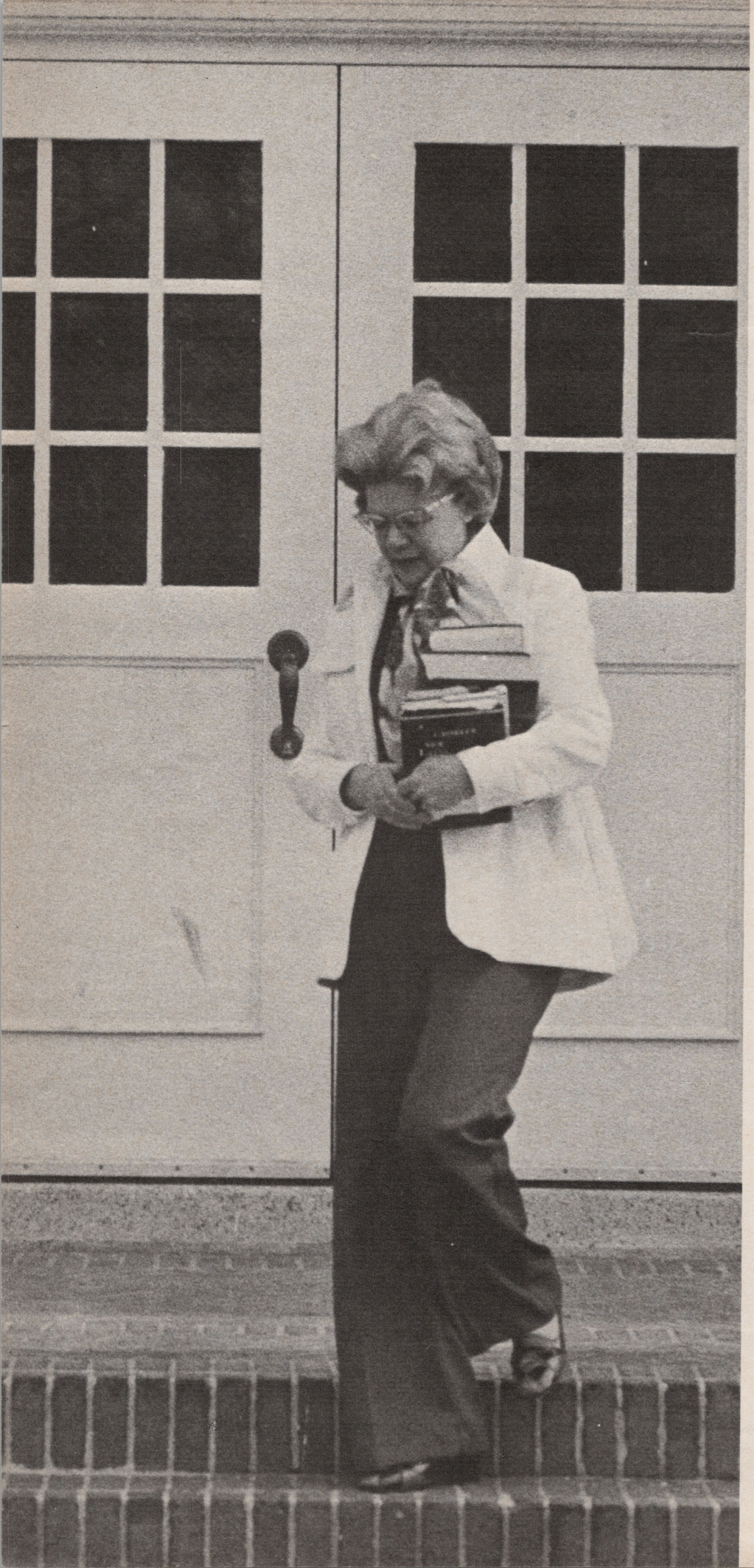
She started with a few commercial courses, then switched to psychology. After graduation, she'll become a convalescent hospital therapist. "My children help me every step of the way," she says. "The girls sew very well and make their own clothes. The boys take on the outside chores. And during semester breaks, I turn the house inside out to get ready for the next onslaught."

Not just housewives are returning to college — there are working women whose skills have become outdated by galloping technology, and those who want to switch to better careers.

"I'd had enough of typing for 70 dollars a week," said one returnee. "I knew I'd have to complete school to advance to a better position."

At 39, suburban housewife Ethel K. decided to go back to college to update her teaching credential. Four

"There, you see, you bought that flight insurance for nothing."



The Resource Center

Catalyst is a national, nonprofit organization dedicated to expanding career opportunities for college-educated women. At an educational conference last year, Dr. Nyla Ahrens, then vice-president of the organization, spoke about this resource center:

"At Catalyst, we hear from literally three to five hundred women each week, to whom we send information about resource centers for women around the country, in the hopes they can find resources in their own geographic area. We send them information about our publications, which are the first career and educational publications written for this older woman. Our material was written specifically for the approximately 35-year-old woman, the woman who has perhaps interrupted her education, the woman who has perhaps interrupted her career.

"Someone called women's resource centers halfway houses. People usually think of 'halfway' as halfway out, but I'm using it as a halfway *in*: that point in her life when a woman says, 'I wonder if there can be more in my life than I now have. I wonder if I should take steps about a career and education.' And so the resource center provides women that which the high school student automatically gets or has available: information resources, self-assessment resources, as ways of finding out 'Who do I think I am? Where do I want to go? What resources are there? What do those educational institutions provide?'

"Resource centers are reaching out to her, helping her get herself ready to enter those institutions which now are ready for her."

For additional information, write to: Catalyst National Headquarters, 14 E. 60 St., New York, N.Y. 10028. □

years later, she emerged with a master's degree in human relations — a whole new career. Today, at 48, she's working toward her Ph.D., and her example motivated her husband to quit his engineering post to teach movie-making in a small college — something he'd always wanted to do.

The world of work is becoming more and more a part of modern woman's role. According to the U.S. Department of Labor's Women's Bureau, there's a better than even chance that a woman will spend at least part of her non-childbearing years in the job market. And, according to statistics turned up by a Columbia University study, 60 per cent of those working women will be college educated. And no doubt about it — they'll be the better paid women.

But going back to college is no stroll down memory lane for most housewife-students. It's hard work — not the least of which is juggling several roles. Finding time to study is the major challenge of the academic life for many. Twice as much time is spent at homework than is spent in class. If a woman takes a full load of 12 units, she can expect at least 24 hours of home study — more if she is taking highly technical courses. " 'Sshh, Mom has to study' became a rallying cry at our house," said an English major with three children. "I had to use all my ingenuity to complete class assignments. When we studied American authors, I read Mark Twain to the kids for bedtime stories. They loved it."

Another mature student tape-recorded her classroom lectures, playing them over and over while doing housework. She also carried notes wherever she went, studying while in supermarket check-out lines or in doctors' waiting rooms.

Child care is a burden for student mothers — especially those with younger children. Most moms still depend on relatives or baby-sitters. However, more day care centers are popping up on campuses, run either by students or adult volunteers. Several New York City institutions now offer baby-sitting services for as low as 10 dollars a month, but the mother must volunteer at least three hours of her own time each week. Her children get meals, snacks, stories and even tutorial aid.

Money is a prime consideration in the older woman's return to college. In California, Betty V. estimates it cost 900 dollars for books, class fees and

Who's Giving the Scholarships

Listed below are some of the organizations offering financial assistance to women planning a return to school. In addition, a number of private institutions and businesses (such as the Helena Rubenstein Foundation, the Sears Roebuck Foundation, Clairol Inc. and the Ford Foundation) grant funds earmarked for returnees directly to the schools for distribution to qualified students. Information on these monies as well as many smaller grants can be obtained from college admissions and financial aid offices.

Altrusa International Foundation
Chairman, Founders Fund Vocational Aid Committee
Altrusa International Foundation, Inc.
332 South Michigan Ave.
Chicago, Ill. 60604
(Awards for training or retraining to qualify for employment; emphasis on vocational education rather than a college degree.)

American Association of University Women
Director, AAUW Fellowships Program
2401 Virginia Ave. N.W.
Washington, D.C. 20037
(Fellowships for women who have completed all course work and qualifying examinations in a doctoral program.)

AWARE (The Association for Women's Active Return to Education)
Dr. Rowena Jacobsen
c/o AWARE
5820 Wilshire Blvd.
Los Angeles, Calif. 90037
(Scholarships for undergraduate women, over 25, returning to college after an absence. Granted by selected colleges in California, Arizona and Texas.)

Business and Professional Women's Foundation
Business & Professional Women's Foundation
2012 Massachusetts Ave. N.W.
Washington, D.C. 20036
(Scholarships for women, 25 and over, returning for graduate, undergraduate or vocational training to begin a career or to improve professional opportunities after a break in their education.)

Carnegie-Mellon Mid-Career Women's Fellowship Program
Admissions Officer
Graduate School of Public and International Affairs
Bruce Hall, Room 202
University of Pittsburgh
Pittsburgh, Pa. 15213
(For women 30-50 wishing to attend the Graduate School of Public Affairs at the University of Pittsburgh.)

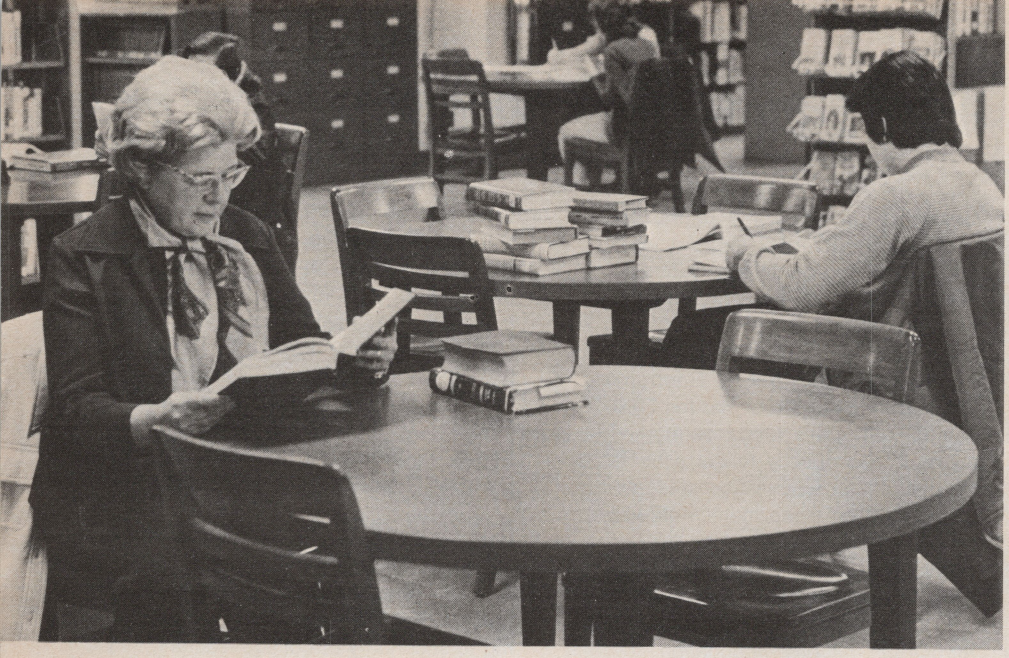
The Danforth Foundation
Director, Graduate Fellowships for Women
Danforth Foundation
222 South Central Avenue
St. Louis, Mo. 63105
(Graduate fellowships for study leading to secondary or college teaching. Granted to women whose education has been interrupted for three continuous years for any reason.)

The Diuguid ("do-good") Fellowship Program
Executive Director
Council of Southern Universities, Inc.
705 Peachtree St.
NE Suite 484
Atlanta, Ga. 30308
(Council of Southern Universities grants funds for one year of retraining or study in a program of formal study, internship or independent effort directly benefiting pursuit of a significant career. Applicants must live and attend school in the South.)

The Philip Morris Scholarship Fund
Ms. Carole Johnson
Manager of Urban Affairs
Philip Morris, Inc.
100 Park Ave.
New York, N.Y. 10017
(Funds for women over 25 engaged in *part-time* undergraduate or graduate study. Administered by the Grand Rapids Women's Resource Center for use by women attending schools in southwestern Michigan.)

Soroptimist Foundation Awards
Soroptimist
1616 Walnut St.
Philadelphia, Pa. 19103
(Funds retraining for vocational or technical study but not for college degree programs.)

Young Women's Christian Association
YWCA
610 Lexington Ave.
New York, N.Y. 10022
(Limited scholarships for members of the YWCA who wish to take non-degree, non-credit, skill-oriented courses.) □



STATISTICALLY SPEAKING . . .

- THE 450,000 WOMEN PRESENTLY ENROLLED IN CONTINUING EDUCATION, COLLEGE-DEGREE PROGRAMS REPRESENT 53% OF ALL ENROLLEES. (ONLY 42% OF COLLEGE STUDENTS UNDER AGE 35 ARE WOMEN.)
- 70% OF THE 450,000 ARE MARRIED. OF THIS GROUP OF MARRIED PART-TIME WOMEN COLLEGE STUDENTS, 70% ARE AGE 40 AND OVER.
- NEARLY 75% OF THE PART-TIME WOMEN COLLEGE STUDENTS ARE WORKING OR SEEKING WORK — A MUCH HIGHER PROPORTION THAN FOR WOMEN IN THE SAME AGE GROUP WHO ARE NOT IN SCHOOL.

car expenses during her four years at a tuition-free state university. Carol H. makes a better than 200-mile round trip daily from her home in Marysville to attend the state university in Sacramento. "My school expenses this semester are only 70 dollars," she says, "but my monthly gas bills are something else."

Even at low or no tuition schools, books, child care, transportation and extra clothing can count up by term's end. However, if a woman is going to school to return to a profession, school expenses may be deductible from family state and federal taxes.

What about scholarships: Does the older student qualify? In some cases, yes. Most colleges give financial aid to students carrying a full-time load. Since many older women start out part-time, they have a better chance applying to private organizations. Grants, fellowships and other aid are earmarked for returnees by the Altrusa International Foundation, American Association of University Women, Danforth Foundation, Business and Professional Women's Foundation and the Young Women's Christian Association.

INDUSTRY, RECOGNIZING THE CONTRIBUTION RETURNEES WILL MAKE TO THE WORK FORCE, IS NOW MOVING TO FILL THE GAP IN STUDENT AID FOR MATURE WOMEN. THE LOVING CARE SCHOLARSHIP PROGRAM STARTED BY CLAIROL LAST SEPTEMBER AWARDED GRANTS OF 1,000 DOLLARS EACH TO 50 FOUR-YEAR COLLEGES WITH SIGNIFICANT UNDERGRADUATE CONTINUING EDUCATION PROGRAMS. SCHOLARSHIP RECIPIENTS, SELECTED BY THE SCHOOLS, WERE ALL WOMEN OVER 35 WHO WANTED TO CONTINUE COLLEGE EDUCATIONS INTERRUPTED BY MARRIAGE, CHILD REARING OR OTHER RESPONSIBILITIES, BUT WHO WERE NOT ELIGIBLE FOR OTHER SOURCES OF STUDENT AID.

SCHOLARSHIPS ARE ADMITTEDLY LIMITED. ADULT WOMEN MAY EVEN BE TOLD THEY'RE RESERVED FOR YOUNGER STUDENTS. LENORA CROSS, EXECUTIVE DIRECTOR OF THE BUSINESS AND PROFESSIONAL WOMEN'S FOUNDATION IN WASHINGTON, D.C., NOTES: "DESPITE ALL THE LEGAL REQUIREMENTS THAT THERE BE NO SEX DISCRIMINATION AND NO AGE DISCRIMINATION IN PASSING OUT FEDERAL SCHOLARSHIP DOLLARS, THERE IS STILL THAT JUDGMENTAL FACTOR THAT CAN'T BE LEGISLATED AWAY. SCHOOLS STILL PREFER THAT YOUNG PEOPLE ATTEND COLLEGE IN THE NORMAL PATTERN — RIGHT OUT OF HIGH SCHOOL, FULL-TIME, QUALIFYING ON THE BASIS OF ESTABLISHED TRANSCRIPTS OR COLLEGE BOARDS. THE MATURE WOMAN GETS ABSOLUTELY LAST PRIORITY, AND THERE'S RARELY ANY SCHOLARSHIP MONEY LEFT WHEN THEY GET TO HER.

"THE GOVERNMENT HAS SET UP A NUMBER OF GRANT AND LOAN PROGRAMS THAT SOUND FINE ON THE FIRST READING, BUT ALMOST ALL HAVE SOME BUILT-IN RESTRICTIONS THAT WORK TO LIMIT THE ADULT WOMAN'S CHANCE TO QUALIFY." AS SUSAN LONDON, A FINANCIAL AID OFFICER AT QUEENS COLLEGE OF THE CITY UNIVERSITY OF NEW YORK, EXPLAINS:

"FOR EXAMPLE, THE BASIC EDUCATIONAL OPPORTUNITY GRANT IS RESTRICTED TO PEOPLE FIRST BEGINNING POST-SECONDARY EDUCATION AFTER APRIL, 1973. MANY RETURNING WOMEN DON'T QUALIFY BECAUSE THEY HAVE STARTED COLLEGE, LEFT THEIR COLLEGE CAREER TO RAISE FAMILIES, AND NOW ARE GOING BACK. THE COLLEGE WORK-STUDY PROGRAM REQUIRES A STUDENT TO WORK ABOUT 12 HOURS A WEEK. HOW MANY WOMEN WITH FAMILIES OF THEIR OWN, AND WHO HAVE BEEN AWAY FROM SCHOOL FOR MANY YEARS, HAVE THIS TIME AVAILABLE?

"THEN WE HAVE THE LOAN PROGRAMS. THESE ARE BASED ON INCOME AND EDUCATIONAL COSTS. UNFORTUNATELY, SUFFICIENT CONSIDERATION CANNOT BE GIVEN TO THE ADDITIONAL COSTS A FAMILY WILL HAVE TO BEAR, SUCH AS BABY-SITTERS. LOANS ALSO TEND TO INCUR DEBTS, BUT ONE OF THE MAJOR REASONS WOMEN RETURN TO SCHOOL IS TO PREPARE FOR A JOB AND HELP THE FAMILY'S FINANCIAL BURDEN.

"MORE IMPORTANT, HOWEVER," MS. LONDON CONTINUES, "IS THAT MOST RETURNING WOMEN DO NOT EVEN QUALIFY FOR THESE PROGRAMS BECAUSE OF THE STRINGENT INCOME LIMITATIONS. FIRST, A HOME IS CONSIDERED AN ASSET AND OFTEN PRECLUDES FINANCIAL AID. IN THE CASE OF A DIVORCED OR WIDOWED MOTHER — OR EVEN MANY FAMILIES — IT IS NOT A LIQUID ASSET THAT CAN BE SOLD, BECAUSE COMPARABLE RENTS IN THE METROPOLITAN AREA ARE HIGHER THAN THE MORTGAGE PAYMENTS. MANY WOMEN ALSO FACE RESISTANCE FROM THEIR HUSBANDS IN THEIR DECISION TO RETURN TO SCHOOL. GOVERNMENT GUIDELINES ARE BASED ON FAMILY INCOME, AND EXCEPTIONS CANNOT BE MADE FOR THE UNWILLINGNESS OF A SPOUSE TO SUPPORT A WIFE'S EDUCATIONAL ASPIRATIONS. A SINGLE WOMAN WHO DECIDES TO LEAVE A 9,000 DOLLAR-A-YEAR JOB AND

"It's a funny book and an inspiring one. Your reaction when you finish is, 'If they can do it, I can.'"

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PURSUE COLLEGE IN A NEW VOCATION WILL BE INELIGIBLE ON THE BASIS OF HER LAST YEAR'S INCOME. MANY WOMEN ARE PART-TIME OR ENTER THROUGH CONTINUING EDUCATION PROGRAMS ON A NON-MATRICULATED STATUS, AND THEREFORE ARE INELIGIBLE FOR MANY FORMS OF ASSISTANCE."
— THE EDITORS

But, granted these obstacles, returnees are advised to apply for assistance anyway. If there really are no funds available, many colleges today help students find other sources of financial aid. Additional information on financial assistance can be found in the National Register of Scholarships and Fellowships, available in most libraries.

For some women, returning to the books proves to be an overwhelming prospect. Barbara D., a 35-year-old housewife with two children in Evanston, Ill., dropped out of speech and theater studies just a few courses short of a degree. The reasons? Commuting five days a week to the University of Illinois campus in downtown Chicago took too long, and on some occasions theater projects kept her on campus until 2 A.M. "It was hard to keep up with younger people who had more time," she says. "I felt all burned out."

MANY WOMEN SAY ONE OF THE BEST PARTS OF GOING BACK TO THE BOOKS IS THE CHANCE TO KNOW YOUNGER STUDENTS.

Some colleges realize the mature female student has other responsibilities, so they try to make the grind easier. Marymount College at Loyola University in Los Angeles gives courses at more convenient times and for less money. Brooklyn College has an evening program that will net a woman a degree in five years. Spalding College in Louisville moved all its three-day-a-week courses into two consecutive days with slightly longer sessions, making it easier for housewives.

Notwithstanding the problems of child care, money and lack of time, a legion of women are happy they went back for their diplomas. One mother says she now has interesting things to talk about; she no longer has to pry information out of her kids. "They're eager to talk about what they're doing, and they're genuinely interested in my schoolwork. I know, because they tease me — teasing that leaves no doubt of their admiration.

"My married friends and I have discussed our family life since returning to school. We agree, it's improved. We have more to share with our children as well as our husbands."

One mother of three, who says she is now leading a fuller life, describes her former self as "a lady bountiful going to teas."

Many women say one of the best parts of going back to the books is the chance to know younger students. "They're bright and sensitive," said one, "and so many are interesting and vital. Because of them, I understand my own children better."

What do women who've gone before advise those going back to college or even starting for the first time? First of all, they say, she should talk out the cost factors, in terms of time and money, with her family. A former director of continuing education at Sarah Lawrence College in Bronxville, N.Y., says: "We always ask if the husband supports the idea of his wife's going back to college. It's very difficult for a woman if her husband is opposed."

Second, she should contact the continuing education office at the nearest college. They will provide counseling, help with enrollment and work out any specific education problems she may have. It may be a good idea to take a vocational test to determine where interests lie.

Besides on-campus study, women should investigate TV, radio, extension and correspondence courses. Some colleges will even give course credit for volunteer or work experience.

Dr. James Bond, president of California State University in Sacramento, says there is movement toward establishing credit banks because, "Many women who follow their husbands around the country never amass enough credits at any one place to graduate."

Increasingly, the trend is to bring education to the people who have traditionally missed out on its opportunity. As a result, a growing number of women are missing out no longer. Whether it's a degree program, vocational training or personal enrichment, more and more women are finding that age is not a factor in ability to learn.

It's not easy to be wife and mother as well as student, but many of today's women are — and earning As at all three jobs. □

FROM TEXAS TO HOLLYWOOD . . . IN 27 POUNDS

continued from page 45

ankle-length raincoat that has to say "Made in Italy" just inside the collar.) A handful of other show folk or record folk or publishing folk are scattered around the room. It's breakfast time and the room, which later turns into a noisy melange of offers and counter offers, is now cloaked in the hushed tones of those who realize that it's 8 in the morning and there's a long day ahead.

Doris Martin bounces into the room, and we greet each other.

Her big eyes, looking even bigger because of outsized glasses, dart

around the room taking in the Polo Lounge scene. "This is for me," she says. "For an actress, this is like being at headquarters."

Doris Martin is an actress. She starred in *Sweet Bird of Youth* at the Austin Civic Theatre in Texas, played Lady Macbeth opposite actor Rip Torn at the University of Texas Theatre in the same city and is currently featured in a play called *Seagulls of 1933,* an Actor's Alley production at the Sherman Oaks Theatre, Sherman Oaks, Calif.

She's better known for her work on television commercials. Like so many other actors and actresses these days, she gets more recognition for selling groceries than for playing Lady

THE DEMAND FOR BACK ISSUES . . .

has been just astonishing. Thousands of readers write to us every week requesting back issues of WEIGHT WATCHERS® Magazine. To simplify the handling of these requests, we've compiled the following list, which shows the back issues that are available and can be sent to you at this time. To order back issues, just check off those you want in the indicated boxes in the coupon below and return that coupon to us with 85¢ in coin or check for each copy you'd like.

NOTE: February 1968 through September 1969, November 1969, February and March 1970, June and July 1970, September through December 1970, January through August 1971, October through December 1971, January through July 1972 — Not available.

October 1969: Snack Session; Obesity and Arthritis; the New England Chef who "Lost His Pot."
December 1969: Camping Journey—Weight Watchers Style; Cooking with a Foreign Flavor — Continental Style; singer Earl Wrightson shares some of his favorite recipes with us.
January 1970: Budget Beauty, Budget Recipes, Budget Housekeeping; Budget Fashion, Budget Travel; Kaye Stevens Is Alive, Well and Slim in Hollywood.
April 1970: 7-Day Menu Plan; Lennie Weinrib, who used to be a "king-size" comic; Three Models from Seattle.
May 1970: Dr. Michael De Bakey Speaks Out on Obesity and Your Heart; The California Probation Officer Who Helped Himself; Cooking with a Foreign Flavor — Scandinavian Fare.
August 1970: Dr. Janet Travell, the late President Kennedy's physician, talks about keeping fit; two Texans who lost weight; Regional American cooking.
September 1971: Breakfast recipes; Cooking with Fruit; Obesity and Suicide; a visit to Australia and five "losers."
August 1972: La Bonne Cuisine — provincial French cooking; Interviewing Dr. Christiaan Barnard; Winner of Our First "Funny Thing Happened to Me . . . On the Way to Becoming Thin" Contest; from California to Florida . . . without a Pound Gained!
September 1972: Getting It All Together — with home canning, pickling and freezing; gardening; patterns and accessories. The story of Dom De Luise; the very special Weight Watchers class at Northampton State Mental Hospital.
October 1972: 4 complete Weekend Menus, including Armenian-style specialties; Weight loss on the campus; What to Tell Your Kids about Sex; plus the Catlady from *A Clockwork Orange* talks about her new look.
November 1972: Scars of a Fat Babyhood; How one woman wrote a best-selling cookbook *and* lost weight!; Special pullout, A Harvest of 52 "legal" Recipes for Fall and Winter.
December 1972: The link between obesity, heart trouble and hearing, by one of the world's leading surgeons; The Man Behind TV's *Medical Center* talks about his weight loss; Favorite "Legal" Recipes, including those of the staff.
January 1973: 5th Annual Gourmet Recipe Contest; Obesity and Weightlessness; The Queen of England's Designer, Norman Hartnell, designs patterns for you.
February 1973: Special pullout of 50 Dollar-Stretching Recipes; Obesity —What It Does to Your Back; the Dean of a small Midwest college tells us about the "fat lesson" she learned.
March 1973: A visit with 13 delightful young Canadians who lost weight; Obesity and Big Business; Putting *Soul* in Your Food; Brand-new recipes for cooked fish; The Computerized Pattern; Dos and Don'ts in Men's Wear.
April 1973: An expert tells how to alter clothes as you slim; our 1973 7-Day Menu Plan; Gourmet Dining in Europe and 21 language hints to help; the WAF who lost 120 pounds.
May 1973: Italian food; Mrs. Ray Middleton talks about her weight loss; Summer 1973 Large and Half-Size Fashion Preview; weight loss in Hawaii.
June 1973: Special 10th Anniversary Issue for Weight Watchers International includes the 10 Most Frequently Asked Questions in a Weight Watchers Class; 10 Letters I've Picked for You by Jean Nidetch; Success Revisited — a cross-country visit to the beautiful people from 10 "success stories"; 10 Experts: A World without Obesity; plus a special pull-out-and-save section with 100 favorite recipes from those responsible for running the Weight Watchers program.
July 1973: Do-You-Think-Fat-or-Thin Quiz; the story of a paraplegic doctor who also faced the weight crisis; Summer Slimmers '73 — Some Delectable New Ways to Help You Stay on the Slim Side of Summer; Large size fashions from Europe.
August 1973: A reporter for the New York Post tells the story of her own weight loss; All about poaching fish; The Exotic for Your Kitchen —Filipino Cooking; Obesity and Varicose Veins.
September 1973: 10 of the World's Most Famous Recipes — "Legalized"!; Take Me Along (Meals that Travel); the story of Florence Jaffee —she lost 335 pounds!; Exercises to Relax By.
October 1973: Chinese food — including pork and rice!; Miss America and 3 formerly fat beauty queens; obesity and learning problems; do-it-yourself patterns.
November 1973: Fruits & Vegetables Pullout Section with 50 Great Recipes; Diabetes Pursues Obesity.
December 1973: Holiday Meals . . . Holiday Snacks; 40 Is a Marvelous Age!; Losing Weight at 40+; Penny McHatten Is Alive and Gorgeous in the Wilds of Maine — She's also Slim and Talented!; Good Grooming Gifts for the Seventies Man.
January 1974: Our 6th Annual Gourmet Recipe Contest winners; Obesity and the Unborn Child; These Patterns + Your Imagination = Quick Good Looks; For men/Getting More Mileage Out of a Basic Wardrobe.
February 1974: Special Pull-Out Recipe Section — Hearty Dishes for a Cold Winter; the Kentucky bank president who "lost his margin;" Sewing Your Way Thin — Part II; Large-size fashion preview, Spring 1974; beauty treatments from Paris.
March 1974: Marriage and the Formerly Fat; Russ Bice — Slim Mormon on the pop scene; Here Today . . . Here Tomorrow: Economical and Easy, the Planover Meal; Good Morning Breakfasts; A Coffee Primer; More for your fashion money with the wardrober.
April 1974: The 1974 7-Day Menu Plan and Key Recipes; You and Your Aching Fat Feet; a personal look at acupuncture; Translations from the French: Create Your Own Versions of What We Saw in Paris; two from Colorado: The Model Who Used to Be Fat, and The Lady Is a Blacksmith.
May 1974: Obesity and Arthritis: A special Report; Larry Mann of *Police Surgeon* is 50 pounds lighter; Recipes from Spain and Portugal; Large and Half-Size Summer Fashion Preview.
June 1974: A very special report on Obesity & Arthritis; TV's Larry Mann (*Police Surgeon*) is missing 103 pounds!; Recipes with Zing . . . from Spain and Portugal; large and half-size summer fashion preview.
July 1974: Special summer pullout section, The Complete Guide to Outdoor Eating (50 recipes); John Schuck, TV's Sgt. Enright in *McMillan and Wife*, talks about his dramatic weight loss; beauty makeover on a newly slim couple.
August 1974: Look what's happened to Georgy Girl! Beauty makeover on Lynn Redgrave, and Lynn's own fat-to-thin story; Cooling Dishes for Hot Summer Days; exclusive excerpt from *A Woman and Her Car*; weight loss after 50 years of marriage.
September 1974: Journal of a 110-Pound Loser; winners of our "My Favorite Moment Since I Lost Weight" contest; Obesity & Childhood: Your Child Doesn't Have to Be Fat; Italian recipes; fruit recipes.
October 1974: Rodney Dangerfield talks about weight loss; recipes from the kitchens of the Pennsylvania Dutch; Microwave: Quicker and Cooler Cooking; a special section on Doing-It-All-Yourself Fashion, Beauty and Hobbies.
November 1974: Special Pull-Out-and-Save Section of 50 Lower Cost Recipes — The Money-Savers; Large- and Half-Size Fashion Preview/ Winter 1974; The Hidden Co$t of Obesity; New Profiles on the Continent.
December 1974: Gala Holiday Recipes; How I Lost Weight at a Convention . . . and Stayed Sane; 10 "Fat" Alibis — Which One Is Yours?; Gifts From Your Kitchen; Franklin Simon advertising director tells about her weight loss; Very Important Presents for those Very Important People in Your Life.
January 1975: 31 top recipes from our 7th Worldwide Gourmet Recipe Contest; Obesity + Gallbladder Disease; Beauty make over and first-person story of a successful weight loser; Designer Herbert on Fashion for the Overweight Woman . . . plus his exclusive pattern for you.
February 1975: Obesity & Divorce: Can Overweight Ruin Your Marriage?; Oregon's Singing Sisters . . . They Lost 148½ Pounds; Special pull-out-and-save section of 63 fish, shellfish & meat alternate recipes; Spring 1975 Large- and Half-Size Fashion Preview.
March 1975: Recipes from the Emerald Isle; Ground beef recipes; Wall Streeter who lost 70½ pounds; The Lonely Life of the Obesity Dropout; 15 "Priceless" Fashions . . . All Under $35.
April 1975: Weight loss in New Zealand; interview with a professional bowler and ice skater who lost weight; two ex-Rockettes — their weight loss stories and exciting beauty makeovers; Our Very Special 1975 7-Day Menu Plan and Recipes; pattern fashions to help you Seem Your Slimmest While You're Slimming.

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Macbeth. Californians will know her best for her television spots for the *Los Angeles Times,* but she's also been seen around in Betty Crocker commercials and various other stints. The Betty Crocker commercial had a particularly interesting twist for her since the job came days after she had reached her goal weight as a member of Weight Watchers. Naturally, she was selling a cookie mix and she had to stand there in front of those cameras and munch on cookies all day long.

She bounces in her chair at the table as she's telling me this. She raises her right hand and swears: "I chewed 'em, but I didn't eat 'em! Honest!"

She'd come to California with her husband and three sons back in the late '60's when her husband, Dr. James Martin, took on a job as assistant professor of drama at California State Polytechnic College of Pomona. In addition to James, the men in her life include twin sons Geoffrey and Gregory, 13, and young James, who is 11. They'd grown up as campus kids while both mother and father studied for their master's degrees at the University of Texas. Now it was a new campus. In '68 and '69, Doris worked in the ghettos as a social worker. "I suddenly found," she says, "that I was spending more time on other people's families than I was on my own.

"In 1971, I decided to go back to acting. I started visiting agents' offices. Nothing! Then someone told me about agents who booked you for commercials. Nothing happened with them, either." She stops and looks up as actor Clint Eastwood walks into the room. One finger goes into a semi-point and she nods.

"On October 31, 1972," she specifically remembers, "I sat down and ate an entire one-pound box of candy.

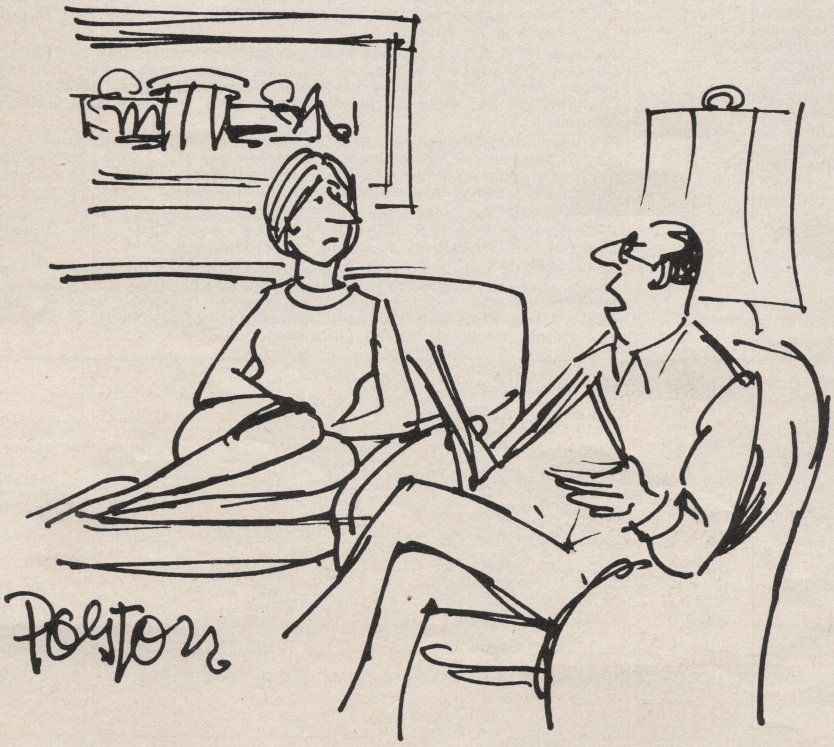
"I weighed more than 150 and there was no way I was going to get into television unless they were looking for a nice plump lady. I thought about it for a long time. I wanted so badly to get into acting and be successful at it. Finally, I remembered something my mother used to tell me when I was a girl. I'd always been overweight and I always ate a lot and I always wanted to be an actress. She'd keep saying to me, 'If you want to be an actress, how can you eat so much?' So I joined Weight Watchers and I actually got

down to 127, which was 13 pounds under my goal weight. It took a few months. It was easier than I thought it would be, except that I kept thinking about candy. Remember, the last time I'd eaten candy was that night I polished off the whole pound box — so I kept thinking about candy. I'd wake up in the middle of the night seeing candy commercials. But I stayed away from the stuff, and I lost the weight."

She throws her hand ebulliently into the air. "And then I got some pictures — some new pictures of my new thin self — and I started doing television commercials. I've done AMF Bicycles, Secret Deodorant, the First Federal Savings Bank of Arizona and others, including those *Los Angeles Times* and Betty Crocker jobs that seem to attract the most attention.

"Losing weight really got me generated. After I started getting television jobs, I took up yoga — and now I really work at it. Matter of fact, I even occasionally teach yoga classes. My weight is now 130, and that's a good weight for me . . . I'm 5 foot 7. I feel great and I feel like my body looks great.

"But I also feel that I'm not a thin person, that I'm really a fat person who's making it as a thin person because of willpower and common



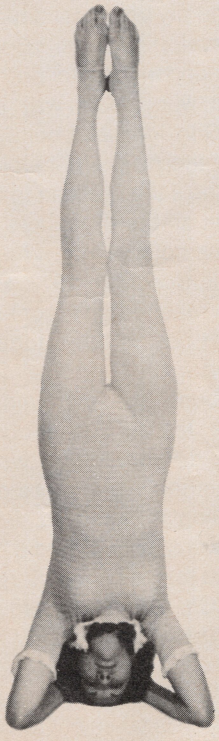
"Since when is our marriage supposed to be a fun thing?"

sense. I find, however, that I can't even have one cookie. I really stay with the Maintenance Plan. My husband is a big help. If I'm about to gobble granola at 10 in the evening, he'll say, 'Why are you doing that?' I stop, think about it, and quit.

"My kids have been terrific about my television work. Of course, they love to see me on television, but more importantly, they coach me and help me before I go to an audition. So, if I'm going to do an audition for a popcorn commercial, for example, they'll work with me on what kind of feeling one should have when one is eating popcorn — and it really helps. They're terrific."

At this point, Doris stands at the table. "Look," she instructs me with a nudge, "it's Bob Evans, the head man at Paramount Pictures." She sits down and laughs. "I wore something comfortable," she tells me, "in case you wanted me to do a handstand or something." She turns to the poached egg in front of her. "When I weighed 150 — and before that, 160 — I never thought about handstands and I never would have wanted to be seen by Bob Evans of Paramount Pictures at the Polo Lounge in the Beverly Hills Hotel."

Tony Curtis and entourage pass us as they leave the room. By now, his raincoat is slung over one arm and I can see the label — it *is* from Italy! □



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"But I do have some amusing stories that may help pass the time."

keeping it off...

Meet... Lyle Altes, he's kept 206 pounds off for 1½ years

DOWNS, ILL. — As a 366-pound cooler man, unloading trailers at the Prairie Farm Dairy, caring for his invalid wife (a victim of multiple sclerosis) and raising two children, life was hard for Lyle Altes. However, since he dropped 206 pounds in the space of 18½ months, he says: "Everything is easier these days . . . getting around, work . . . everything!

"My 24-year-old son is a career man in the Navy and he hasn't seen me since I lost the weight. He called his sister recently — she's 19 and in her second year of nursing school — and asked, 'How's Dad?' She said, 'Remember when he was fat and would be in a good mood? Well, now he's in a good mood all the time. To me, that says it all. Life is completely different. I know it will sometimes be hard — after all, I've been fat since I was 6 — but I intend to stay this way."

Here is a typical Maintenance Plan menu for one day that Lyle Altes — or any man — might like:

BREAKFAST

- 1 cup Mixed-Vegetable Juice, chilled
- 1 ounce hard Cheese
- 1 English Muffin, toasted
- 1 cup Skim Milk
- Coffee

BETWEEN-MEAL SNACK

- Dietetic Carbonated Beverage, any flavor

LUNCH

- 1 medium-size serving Lasagne
- Spinach and Fresh Mushroom Salad (½ cup spinach, ½ cup mushrooms, pimiento slices, with 1½ teaspoons vegetable oil and vinegar to taste)
- 1 one-ounce hard Roll
- ½ cup Lemon Sherbet
- Coffee

BETWEEN-MEAL SNACK

- 1 medium Apple

DINNER

- 6 ounces Corned Beef
- 3 ounces boiled Potato
- ½ cup cooked Cabbage with Caraway Seeds
- 1 tablespoon Imitation or Diet Margarine
- Beet Salad (4 ounces sliced beets with onion salt on lettuce, with 2 teaspoons salad dressing)
- Coffee

BETWEEN-MEAL SNACK

- 1 wedge Watermelon (4" x 4" x 8")

A TALE OF TWO BROTHERS

continued from page 34

horn in the Air Force Band in concerts and parades.

Eventually, they were shifted to another Florida base, where they lived in barracks. They still played in the band, earning distinction as heavy-set twins, and all the while adding pounds.

At first, though, they caused confusion. One night, Allen was assigned to KP duty; the next night, it was Sam's turn. When Sam came in, the mess sergeant was shocked by the military's cruelty. "They must really have it in for you — KP two nights in a row!" the sarge exclaimed. "Well, kid, I'll give you an easy job." Naturally, the sergeant was slightly unnerved when he saw the two of them together the next day.

Later, the mess sergeant and the two brothers discovered their mutual interest in gelatine dessert, *lots* of it. Mixed with fruit cocktail, it was stored in garbage cans in a huge cooler. When a shipment came in, the sergeant would pass the word to the twins.

"I got gelatine tonight," he'd say, and the Moss brothers followed him back to the kitchen. There, wearing green fatigues and grasping soup spoons, they ate out of the garbage cans. Hunched over, digging in, scooping the stuff up, they gorged themselves until they were full. Their kitchen escapades earned them a nickname, "The Gelatine Twins."

Off the base, they always attracted attention, so they worked out some pat responses. If someone asked, "How do you tell yourselves apart?" Sam would point to Allen and say, "Well, he's Jewish."

Allen and Sam were discharged in 1946, each weighing 201 pounds. They returned to the University of Pittsburgh, then went to work as salesmen for their uncle's work-gloves firm.

In 1951, they left to work as salesmen for competing clothing firms, with both brothers covering western Pennsylvania. Sam worked for Levi-Strauss, which became more successful. Wherever Allen went, retailers asked, "Are you the one with Levi's or the one without them?" Eventually, Allen began working unofficially for Levi's, aiming to open enough accounts so the two brothers could split the sales.

Sam, however, formally signed the accounts for both of them. So, to the Levi's hierarchy and competing salesmen, there was apparently this superstar salesman zipping all over Pennsylvania, clinching deals in two distant towns on the same day. Finally, Allen was hired, too.

While their success as salesmen increased, so did their weight and neither dipped below 225 pounds. As they got older, raising families in Pittsburgh and Atlanta, weight became more of a problem. It was clear that something had to be done.

Now, their lives have changed. The discomfort, the shame, are gone. "I always accepted the fact all my life that I was one of the fat twins. When you're big, people always stare at you." Allen Moss said. "Now I can go somewhere, and no one even notices me. I'm like anyone else."

He continued, "When I was fat, I wouldn't go near a mirror. These days, every week I feel skinnier. When I was fat, I felt like I didn't have any ribs. Now, when I wake up in the morning, I can *feel* my hipbones and my ribs."

Both credit their families for giving them support. Sam and his wife have four children: two college-age girls, a 16-year-old son and a 14-year-old daughter. "There's a lot of family interest," Sam observed. "We share those 'legal' milk shakes in the evenings, and my youngest daughter even helps develop recipes." But he too likes working in the kitchen.

Allen's wife, Jean, was also overweight. She lost 24 pounds just by following the program, helping him cook. "She's the dietitian in the family—she reads all the brochures and the books," he noted. Finally, he convinced her to join in spring, 1973. By fall, she had reached her goal weight. "We've done the thing together," Allen said.

He added, "It's improved our marriage. Jean is very proud of me. When we go someplace, we're proud to be together. We're more outgoing, more willing to socialize. Before, I knew I was amiss. If I had a business party to go to, I felt uncomfortable. I'd think, *Oh, God, I've got to put on a suit.* I just wanted to stay home and go to sleep."

Allen and Sam each bring lunch to work. If Allen is taken out to lunch, he

RECIPE INDEX:

MAY, 1975

As part of our expanded service to readers, each issue of *Weight Watchers Magazine* contains a Monthly Recipe Index, culminating in our December issue with a cumulative Annual Recipe Index.

If you wish to purchase a back issue to obtain any recipes from previous issues, please see our Back Issues ad on page 59.

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just orders a salad and coffee. When waitresses seem surprised, Allen says, "Don't let it fret ya, honey, I'm a big tipper." Or he might say, "I don't want to put you to any trouble, but I am a Weight Watchers member and I've lost over 100 pounds."

Allen told me, "When you tell *that* to someone, that explains it all. The person usually has a relative who's also on the program."

Allen joked that his new discipline should make him the most popular buyer in retailing. The reason? "I don't drink and I bring my own lunch." For some cost-conscious salesmen, that's a relief.

But neither brother has been a perfect weight-loser. Sam said he sometimes missed classes, and finds it difficult being completely "legal" for a full week. "I get complacent," he said. "People ask me: *How can you lose any more?* I tend to lose my incentive."

Allen twice stopped going to classes for several months. When he rejoined for a third time in January, 1973, he was up to 229 pounds. Yet both Moss brothers have become thinner, and one of the key reasons is each other. Sam said, "My brother is an incentive. I wanted to catch up to him." Allen thoughtfully sent him a typewritten brochure of all his recipes.

Every three weeks, when they speak to each other, the first question is, "What do *you* weigh?" They were only a few pounds apart all that summer and into the fall.

They saw each other again in September, 1973, when they went to a sister's funeral. They weighed the same, and they roomed together in a motel, comparing notes, giving advice. (Sample tip: bring powdered milk on long trips.) Sam said, "When you see Al, you see me. Looking at him, I realize how much I changed, *too*." They also swapped clothes. Last December, Sam started gaining again. When I saw him at the end of March, he weighed 187 pounds. A month later, he was down to 179.

Allen said, "I think Sam's done a terrific job. The fact that the two of us want it so badly governs his determination to stick with it. It's like a competitive spirit between us."

The two brothers are resolved to get thin and stay thin. And for these twins who've always been so close, it's somehow fitting that they should lose weight together, 700 miles apart. □

COMING IN JUNE...

3 GREAT WEEKEND MENU PLANS

PLUS KEY RECIPES

Plan Your Food for Country/City/Beach Living!

The Exciting Story of THE MAN WHO LOST THE MOST WEIGHT—ALMOST 450 POUNDS—IN THE HISTORY OF WEIGHT WATCHERS CLASSES

Partial listing of **WHERE TO BUY** the **LARGE-SIZE SUMMER PREVIEW FASHIONS** shown on pages 35-39

(Note: Prices may be higher on the West Coast.)

Pages 35-39:
Sears clothing can be purchased through the Sears catalogue available at Sears stores. Mail orders will not be accepted without the Sears order form. Regular Sears customers may order by phone.

Page 38:
Bathing suits and matching cover-up by Gabar available at:

Boston ..... R. H. Stearns
Cincinnati ..... Henry Harris
Jackson, Mich. ..... Jacobson
Milwaukee ..... MacNeil & Moore

And at all branches of Montaldo's and Abercrombie & Fitch.

CORRECTION, PLEASE...

We regret that in Fish and Shellfish recipes, published in our February, 1975, issue, page 28, there was one incorrect listing:

- **Magnificent Mix** listed as a lunch recipe should be a dinner recipe making 2 servings.

PICTURE CREDITS

Page 26 and cover: Woven runner, copper casserole dish, lidded casserole and small blue plate courtesy Greek Island Ltd., New York, N.Y.

Page 27: Ceramic canister, platter with blue border courtesy Greek Island Ltd., New York, N.Y.

All other accessories, private collection.

HEARD and OVERHEARD

A little girl was playing croquet with her grandfather. "I think I'm going to lose," she commented sadly.

"You ought to have a more positive attitude, honey," her grandfather chided.

"Okay, then," she corrected herself, "I *know* I'm going to lose."

National Enquirer

A mother faced her brood of six children one morning. "I want some cooperation around here," she said. Noticing the puzzled look on their faces, she added: "Cooperation means you do what I say."

Submitted by Dolores Sireno

Father, about daughter: "If she has any hangups, it's certainly not the telephone receiver."

Submitted by Honey Greer

The shortest distance between two points is always under construction.

Anonymous

Nowadays after you pay for your bills, about all you have left to spend is a quiet evening.

Anonymous

"As my wife was backing out of the garage," a man reported to his insurance company, "she hit the garage door, ran over our son's bicycle, drove across the lawn and tore up the roses. Then she lost control of the car."

Journal of Insurance Information
Submited by I. E. Garrick

A woman who was a bridge nut was about as pregnant as she could be, and one night labor started while she was playing cards. "Maybe I'd better call a cab," said one of the other players nervously.

"Are you kidding?" exclaimed the pregnant bridge player. "I'm in six clubs doubled and redoubled. Call an ambulance — we could never play this hand in a cab!"

American Legion Magazine
Submitted by B. K. Kranes

Isn't it remarkable how the really well-informed person holds views similar to your own?

Submitted by Lane Olinghouse

Years ago, we saw a movie in which the husband presented his wife with a diamond bracelet. He placed it in a sugar bowl. Today, for our anniversary, my husband presented me with a jewel box . . . filled with sugar.

Submitted by Sylvia Gordon

Wife to depressed husband: "What do you mean, you have nothing to live for? The house isn't paid for, the car isn't paid for, the washing machine isn't paid for, the television isn't paid for. . . ."

Arkansas Baptist Newsmagazine
Submitted by Barbara Anderson

Fifth-grade pupils were required to fill in the blanks in sentences on a history test. One of the sentences stated, "The Declaration of Independence was written chiefly by. . . ."

Neatly written in the blank space on one test paper was the word "candlelight."

National Enquirer
Submitted by Dolores Sireno

A boy asked his father what "extinct" meant. "Suppose," answered his father, "all life on earth were wiped out. Then you could say the human race was extinct."

The boy thought for a moment, then asked: "Who would you say it to?"

Submitted by Rose Sands

The present movie successes are *Earthquake* and *The Towering Inferno.* Next there'll be a great double feature called *Shake and Bake.*

Submitted by B. Winkler

My doctor told me to slow down. So, now I'm chasing older women.

St. Louis Globe
Submitted by Mrs. Delmar Selock

Send in your favorite quips, on a postcard only, to Heard & Overheard, Weight Watchers Magazine, 635 Madison Avenue, New York, N.Y. 10022. We'll pay $5 for every one we use. You can give us original lines or quote someone else, but be sure to give reference if you are quoting.

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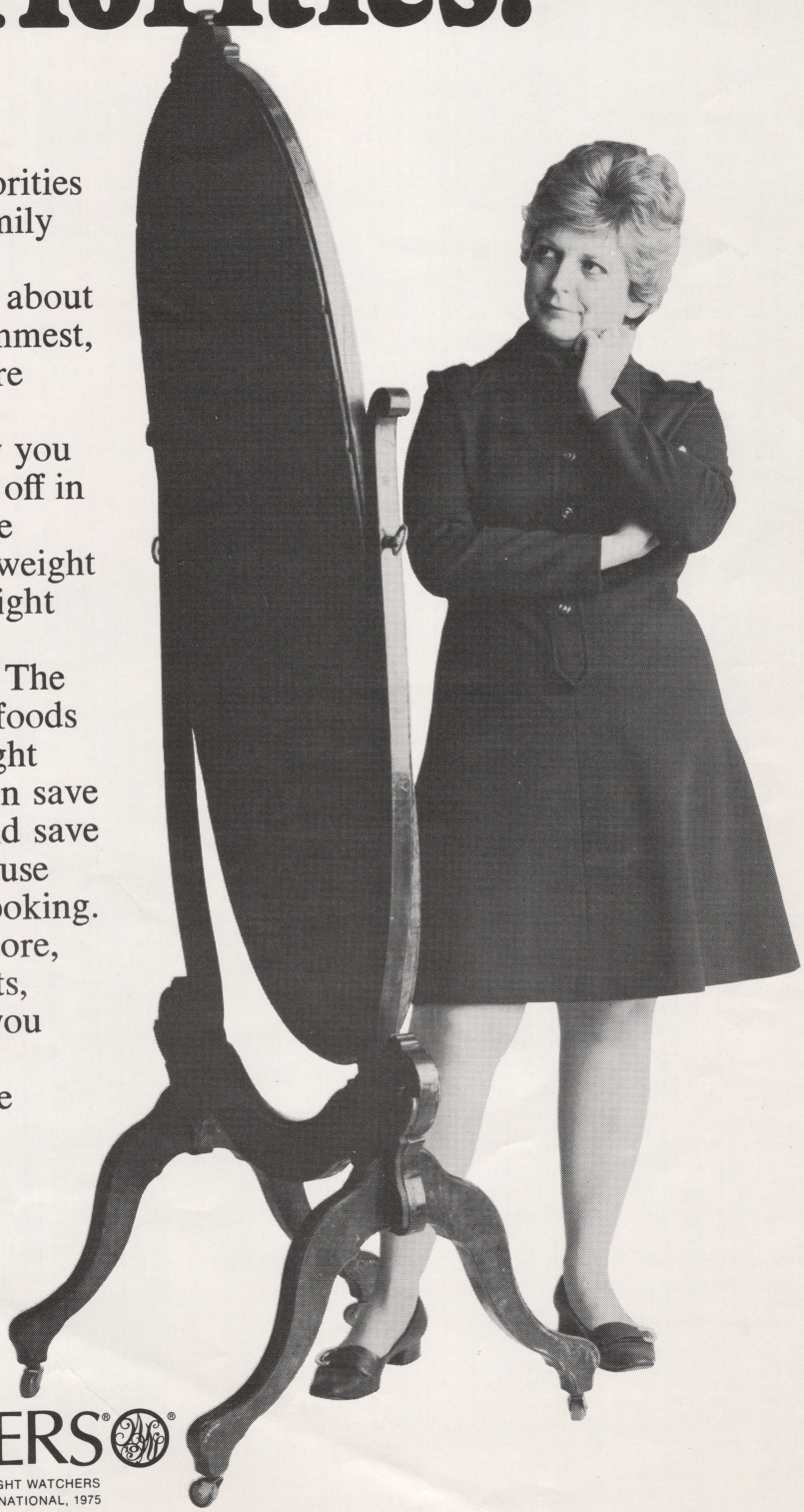

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We want you to be able to look into your mirror and be proud!

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